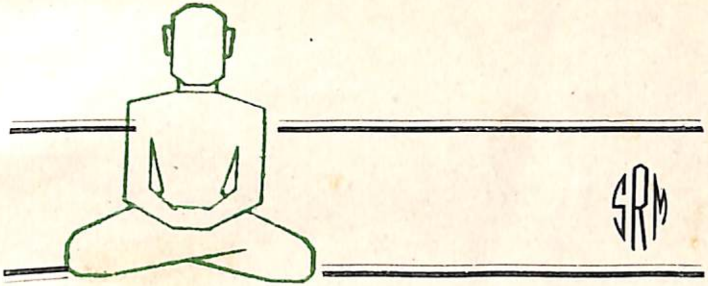
His Holiness

Maharishi Mahesh Yogi

M-23

SOME PRESS CLIPPINGS

FROM HIS WORLD TOUR



His Holiness

Maharishi Mahesh Yogi

AS VIEWED BY THE WORLD PRESS

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SRM

Spiritual Regeneration Movement Foundation of India

Printed and published by
The Academy of Meditation, Shankaracharya Press,
Rishikesh, U.P., India.

This booklet presents the varied reactions of the World Press to the universal teachings of His Holiness Maharishi Mahesh Yogi, and reflects the world-wide acceptance of Maharishi's simple system of Transcendental Deep Meditation.



MAHARISHI
MAHESH YOGI

STRAITS ECHO & TIMES OF MALAYA

MAY 22, 1958

REGENERATION OF MAN NEEDED

"Growing worries, anxieties and lack of mental peace in daily life of the people are a direct challenge to the validity of all religions everywhere. Everyone feels proud of his religion and every religion claims to bestow peace and happiness to its followers in this life and hereafter; yet almost all are suffering from the agony of mental unrest and it is found to be growing everyday. What is the reason ?

Spirit of religion, spirituality, seems to have gone out of sight and people seem to cling only to the framework of ritualistic nature. Spirit of religion has to be lived if a man aims at peace and happiness in daily life.

As ritualistic religion or scientific and technological development have not conferred lasting peace and happiness to the society, spiritual regeneration of society of the present is urgently needed.

An effective means of bringing peace and happiness in day to day practical life of man is to lead him to experience the Divine Nature within himself—the bliss eternal.

It goes without saying the man attains peace and happiness and the higher values of life by a flash of Divine Experience," said Maharishi.

According to his method of meditation, it does not take long for a man successfully to take a dive within himself and experience the blissful nature of the Divine. Even the most worried and peaceless declare peace of mind within three or four days by simply practising the meditation for about half an hour in the morning and evening daily. It not only brings mental peace to man but also confers energy and enables him to work more and brighten his material career as well.

"My system of meditation is a golden link to connect and harmonise materialism and spirituality", says Maharishi.

It is a direct process to integrate man's life on earth.

He invites everyone to take the maximum advantage of his one week's stay in Penang.

NOTE:—Yogi Mahesh, who comes from Uttar Kashi Himalayas, visited the Sri Sivan Temple at Dato Kramat Road, Penang, yesterday evening and later the Sri Thandapani Temple at Waterfall Road. Last night he delivered a very interesting lecture at the residence of Dr. G. H. Yeang of the Theosophical Society, Penang, at Cantonment Road.



MAHARISHI

WITH

CHIEF MINISTER LIM

YEW HOCK

SINGAPORE STANDARD

AUGUST 18, 1958

YOGI BRINGS SINGAPORE A MESSAGE, SAYS LIM

Singapore's Chief Minister, Mr. Lim Yew Hock, told a large gathering yesterday that Yogi Maharishi Mahesh came here to "remind us, even as we live at this moment in this place, that we must not be prisoners of the here and now."

He was speaking at the inaugural meeting of the Singapore Meditation Centre at the Victoria Memorial Hall.

Yogi Maharishi is now visiting the Colony on a journey round the world to preach his message and give instruction on his method of spiritual meditation.

The Chief Minister said "We are all very conscious of the responsibility of the decisions we must take these days, and whether it is the voter before he goes to the polls, or the Minister or the problems of his ministry, the moral responsibility for a right decision is equal!"

MORE LASTING

He added: "When our institutions are being remoulded, the effect of our actions over the next 12 months will be stronger and more lasting."

Mr. Lim said the achievement was not only a change of political

importance, but should mean a new self-reliance and self-determination in every sphere of life.

"Our standards of public and private morals will be those we set for ourselves. We are our own masters to decide the quality of our lives," he pointed out.

He continued: "If we want a high standard we ourselves must make the effort. If we accept a low standard, no one can change our attitude and we alone will bear the consequences."

Mr. Lim said that the religious life of the community was important therefore from two points.

"First, religions must continue to keep the standard of morality before us. But secondly, and what concerns us immediately in this meeting, religions must encourage and meet the needs of the spiritual life of our citizens," the Chief Minister said.

COURAGE

Mr. Lim went on: "When we talk of courage or steadiness or other moral qualities they can only live in the individuals, and only to the extent that they are the qualities of our citizens, can they be the qualities of our community.

"And because we are a community which must live, according to the urgent tempo of a world centre of trade which must be alert and responsive to events throughout the world, we need all the reminding that our success is to be measured in the quality of our individual lives."

Mr. Lim stressed: "Calm is the restfulness of the mind, through which we can restore the sureness of our moral judgement."

"But perhaps the best analogy is that the head-lights of our spirit which becomes spattered in the mud as we travel along the road of daily life should be cleansed and the batteries charged to make sure that the light is up to the full strength of our capacity. This is the purpose of meditation"

HONGKONG STANDARD

OCTOBER 9, 1958

Community News

INDIAN MEMO

His Holiness Maharishi Mahesh Yogi, a Hindu from the Himalayas, who arrived in the colony about four weeks ago in the course of a round-the-world tour for the propagation of the Spiritual Regeneration Movement which he first founded two years ago, will be leaving two weeks later for Japan. The Yogi said that he has been able to establish 25 camps of his movement in India and 5 camps in Malaysia. The purpose of his visiting Hong Kong, said the Yogi, was to establish one or more camps. He said that one camp has been started in Hong Kong and he hopes to establish another camp in Kowloon.

The Yogi said that his philosophy did not require the followers of his thought to accept any particular religion. His was a simple way of finding how one could find communion with the Creator. For this the method the Yogi adopted was meditation.

Meditation and concentration of mind were the best means to find solution to bodily and spiritual maladies. He said he followed the great Hindu mystic Shankaracharia of the 6th century A. D., who had by the marvellous powers of his mind transmigrated his soul and proved the talismanic powers of concentration of the mind to those who disputed his theories.

The Yogi said that it was quite easy for one to master one's own mind provided one regularly practised meditation. By having absolute control over the mind one could enjoy celestial bliss and live in the world unaffected by the cares and worries like the lotus leaf which, although it floated over the water all the time, never got itself soaked by the water surrounding it.

SUNDAY TIMES, SINGAPORE

AUGUST 7, 1958

YOGI HERE TO START SPIRITUAL CENTRE

PEACE, HAPPINESS THROUGH MEDITATION

A man who offers peace and happiness to all who ask for it has arrived in Singapore and is starting a Spiritual Regeneration Centre here.

He is the Swami Maharishi Yogi, who has left his home—a cave on the foot-hills of the Himalayas—in order to help the ordinary man and woman, the better to meet the strains and tensions of life today.

The inaugural meeting of the centre will be held at the Victoria Memorial Hall, on Sunday, Aug. 17, at 5 p.m. Guest of honour is the Chief Minister, Mr. Lim Yew Hock. Yogi Maharishi will explain his system of peace and happiness through meditation.

"Almost everywhere in the world," says the Swami, "men are suffering from cares and anxieties. There is no true peace of mind, because people are not able to satisfy their desires, When one ambition is achieved, another springs up to take its place.

"With this state of mind prevailing," the Swami says, "It is clearly impossible to reach any permanent state of happiness. For this, men must look beyond the ephemeral and seek that which is unchanging."

Yogi Maharishi says that every person has the innate capacity to find this joy in himself. It can be achieved through a simple technique of meditation, entailing a short period of mental relaxation twice a day.

The Swami has visited many countries in the Far East and has found enthusiastic response from his hearers since leaving the seclusion of his cave, where he has been living for the past 13 years. He will spend a short while in Singapore, before continuing with his world tour.

INAUGURATION OF HONGKONG MEDITATION CENTRE



Mr. Hin-shing Lo yesterday stressed the importance of the development of a sound mind when he officiated at the inauguration ceremony of the Hongkong Meditation Centre.

Mr. Lo said that the easy system of deep meditation introduced by His Holiness Maharishi Mahesh Yogi was a good method of relaxation and he asked the members of the centre to learn and practise Maharishi's system.

Many guests attended yesterday's inauguration ceremony held at the Assembly Hall of the

Chinese General Chamber of Commerce.

Mr. Lo unveiled the portrait of Guru Deva, the Great Spiritual Master, His Divinity Swami Brahmanand Saraswati, Jagad Guru Shankaracharya Maharaj.

Seated at the official table were Mr. K. S. Fung, Sri H. N. Sharma, Mr. F. T. Melwani, Centre President; His Holiness Maharishi Mahesh Yogi; Mr. Hin-shing Lo; Mr. S. Golyan and Mr. Chun Chung-hon.

The guests were welcomed by Mr. Melwani.



THE CHINA MAIL

NOVEMBER 15, 1958

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THE CHINA MAIL

NOVEMBER 15, 1958



Meditation Center Will Be Founded in Honolulu By Visiting Yogi

HONOLULU JANUARY 18, 1949.

BY SPENCE BRADY

An Inter-denominational meditation center will be opened here, inspired by Maharishi Mahesh Yogi, who found his way from the Himalayas to Honolulu while on a world tour.

The latest in a series of gentle yogis who have paused here while on non-profit spiritual missions, Maharishi has a speciality in meditation.

Mantra :

Mantra is a set of special syllables to tranquilize the mind of the average man (as opposed to another set tailored for the minds of monks).

* * *

Maharishi, from Uttar Kashi, studied for 13 years under Swami Brahmananda Saraswati Jagadguru Shankaracharya, head of the Hindu religion in India.

Two years ago, Maharishi started the Spiritual Regeneration Movement to spread his system of meditation. He has travelled over India, Burma, Thailand and Malaya.

In South India Maharishi is known as "The Beacon Light of the Himalayas."

* * *

LIKE OTHER dedicated yogis, Maharishi travels light, with little more than his robe, sandals, rosary and color film and a tape recording of dedication of a meditation center he founded in Hong Kong last November.

His introduction to his growing island following was through pianist Jacob Feuerring, student of the esoteric. Feuerring spotted him walking down the street.

Maharishi, who sells no books, charges nothing for his lectures and private conferences, and does not solicit funds for his spiritual mission, is staying here for a week.

Cost of hall rentals for hi lectures is met through voluntary donations from his listeners, most of whom have become initiates.

* * *

AT A WEDNESDAY evening session at the Y, about half of his audience was of Oriental descent, half Caucasian. There were about equal numbers of men and women.

Ages appeared to range from the 20s into the 50s.

Maharishi's subject was the efficacy of mantra.

"Every sound that we talk, every thought, every sentiment," Maharishi said, "sets forth vibrations in the air that go to the extremes of atmosphere, dashing against everything in the universe.

So one has to be careful in thinking, doing, speaking things.

"There are two types of effect, supporting the life of the universe, or, detrimental to it."

* * *

BAD THOUGHTS and sentiments must be avoided. "Not only we become bad, but we produce bad in the whole universe."

Maharishi, in a paper on medicinal and educational values of meditation, reports that his mantra does away with the need of tranquilizing pills. He says his system may replace all psychosomatic medicines.

Meditation in general cuts down wear and tear on bodily machinery, he says.

"As the mind goes deep in meditation, the breath automatically becomes finer and when the mind is in deep meditation, the breath flows very slowly. This gives great rest and relief to lungs and heart and all other functioning parts of the body."

* * *

THIS "REST" increases life energy and develops personality, the yogi believes.

"Wrinkles and depressions of old age begin to disappear from the face and the aspirant, man or woman, begins to look many years younger within a few weeks of practice."

(Maharishi himself does not reveal his age in years. He prefers to have it as old as the individual questioner sees him. "I am as old as you think me to be," he says. Among his new friends here, speculation ranges from 25 to 60 years).

Maharishi would like to see meditation introduced into upper school systems around the world.

He feels present systems are informative only and do not really improve mental capacity nor scratch beneath the surface of the mind.

* * *

"If the world has to grow wiser and better and if the family of nations has to be in peace prosperity, love harmony, then every citizen of every nation has to be developed into the values of inner life along with those of the outer.

"And this is achieved at one stroke of our system of meditation".

The center, to be opened who want to use it, would be non-profit as well as non-denominational.



AMERICA WELCOMES HIS HOLINESS

SAN FRANCISCO
SUNDAY CHRONICLE

February 22, 1959

Psychiatrists, Yogi Don't Really Mesh

By Elmont Waite

The allegedly mystic East and the somewhat mystified West encountered each other at the Langley Porter Clinic here, but the twain never really met.

A flowing-haired, profusely bearded man in a long white robe introduced as His Holiness Maharishi Mahesh Yogi from Uttar Kashi, India, visited the clinic on Thursday to lecture on his secret, speciality in yoga to two dozen resident psychiatrists.

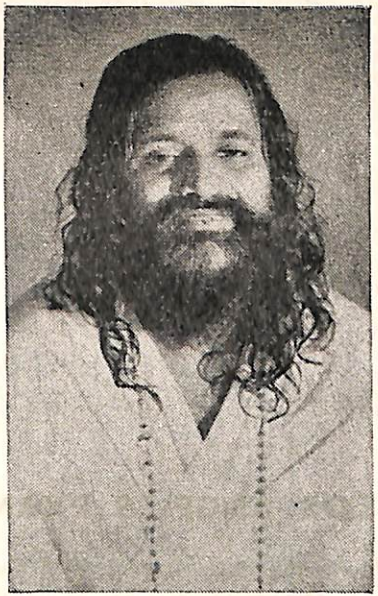
Psychiatrists are interested in hearing all kinds of visitors, explained Dr. Alfred Gianascol, who escorted His Holiness to the speaker's chair. The week before, they had heard a lecture on "Zen (Buddhism) and Psychiatry."

The Maharishi does not think much of the science of psychiatry. He thinks his secret system of ultrasonically-induced "deep meditation" is much, much better.

He made it clear, he hoped to extend the benefits of this system to everyone. When pressed by questions about exactly how it is done, however, he called the technique "a sacred secret," which he divulges only to individuals, not to classes.

SYSTEM

The problem is how to achieve the "deep meditation" which he said "results in curing physical diseases, brings mental



MAHARISHI MAHESH YOGI

calmness and spiritual happiness." His own system, he said, is based on the discovery "that ultrasonic sound vibrations in some sets of words" enable anyone to achieve the deep meditation quickly.

The main purpose of all this: to dive far below the "thinking surface" of the "ocean of mind," thus winding up with "the unfoldment of the Inner Divine Nature for all happiness in daily life."

He toyed with a red flower throughout his talk, but said contemplating a flower is not an effective medium through which to achieve deep meditation. His secret, ultrasonic sets of words are better. He also said his special Yoga has nothing to do with any religious faith, nor with costume.

FREUD

Dr. Gianascol asked him for comment on the fact that Sigmund Freud, father of psychiatry, also used the "ocean of mind" simile but called the top the conscious mind and the lower portions the unconscious.

The Maharishi said his special yoga didn't seek to uncover buried unpleasantnesses, but to bring happiness to the top.

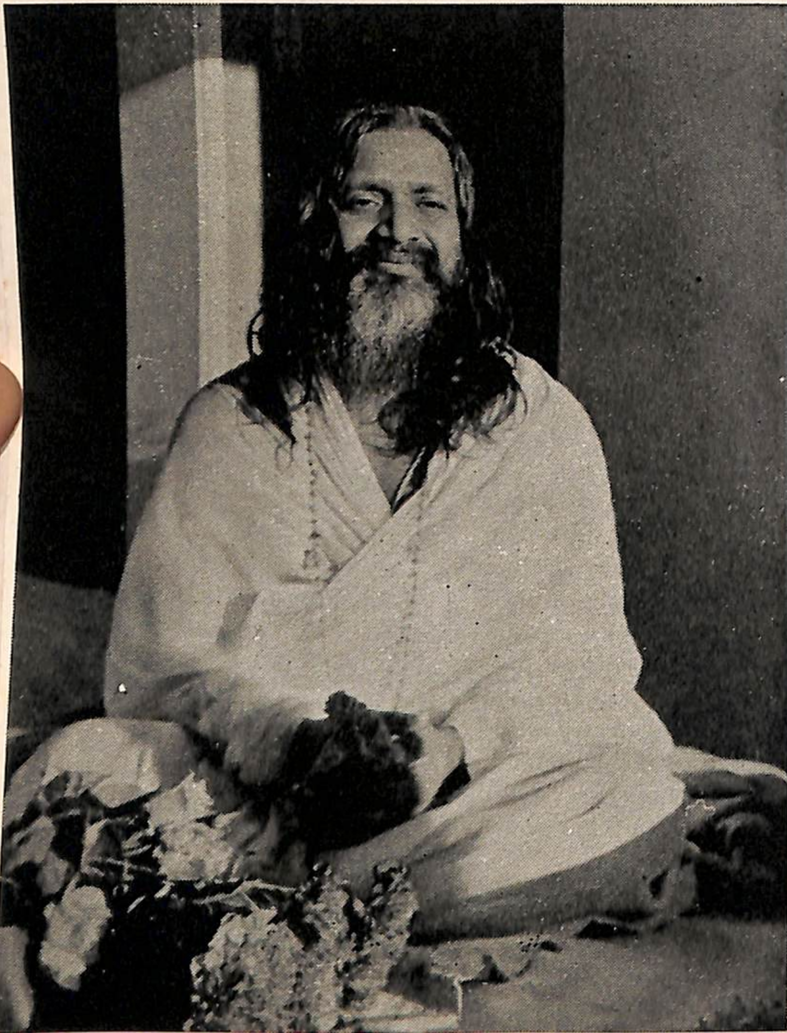
The Yogi reached the clinic in the private car of F. W. Hopkins Jr., 1755 Van Ness avenue. "I'm his hostess," she told Dr. Gianascol, who had been waiting on the curb outside the clinic.

SPONSOR

"Should we introduce you as his sponsor ?" Dr. Gianascol asked.

Mrs. Hopkins, steering the Maharishi gently around a turn in the clinic corridor by the elbow, said "We should ask his permission for that. I'd like to be his sponsor."

Dr. Gianascol introduced Mrs. Hopkins as the visitor's sponsor.



LOS ANGELES EXAMINER

THURSDAY, APRIL 30, 1959

'Sputnik Method'

Yogi Teaches Instant Meditation

BY TED THACKREY

Mystic East met mystified West at the Ambassador Hotel yesterday.

Maharishi Mahesh Yogi, from Uttar Kashi, India, sat on his deerskin and smiled affably while he tried to explain his "Sputnik Method" of learning meditation in a hurry. It brings peace, he said, with the first easy lesson.

(A little like the "Learn To Dance In a Hurry" idea—only you do it with your mind).

Profusely bearded and clad in a white, flowing robe, the Yogi fingered one of the three strands of beads around his neck and listened to a rose as he said:

"My life truly began 16 years ago when I learned the secret of swift and deep meditation, a secret I now impart to the world. I achieved this through listening to ultrasonic vibrations of sound. This rose, for instance..."

The Yogi said he is supported by gifts of his followers, but has no money of his own. Thus far, he has established 50 "Meditation Centres" which teach his hurry-up contemplation method.

His first in the Western world was dedicated last week in San Francisco. Now he has come to set up another one. He will live with a follower in Hollywood.

"I do not worry about where the necessary money will come from." "Be assured that it will come when people learn how simple—and swift—is my method of meditation. Americans like anything they can do in a hurry," said he.

YOGI GIVES PEACE

APRIL 30, 1959

Mirror News Los Angeles

Spiritual Regeneration

BY DUANE DUZAN



People stared curiously at the bearded man, swathed in a white robe and carrying a small bouquet of roses, as he walked through the corridors of the Ambassador.

Was he a maharaja ? A United Nations delegate ? Perhaps a visiting Near East merchant ?

None of these, a follower of the man said. He is an Indian holy man from the Himalayas.

PLANS L. A. CENTRE

He is Maharishi Mahesh Yogi. He is here to spread the teachings of his Spiritual Regeneration Movement.

So far, he has established 50 S. R. M. centers throughout the world, including one soon to be dedicated in San Francisco.

Maharishi hopes to create enough interest in the movement here to start a centre. He will lecture on S. R. M. tomorrow Tuesday at 8 p.m. at the Masquers Club, 1765 N. Sycamore Ave.

What is this Spiritual Regeneration Movement ?

"It is a system of ultrasonically induced deep meditation," said Maharishi "whereby man

can achieve inner peace and happiness and outer harmony in life."

The efficacy of meditation is in "mantras", sacred words that cause one to go into the state, said the mystic, toying with three strings of beads which "have an effect on the mantras."

However, only students of S. R. M. can learn the mantras, he said, "Mantras in the wrong hands could do a lot of harm."

QUICKLY LEARNED

Maharishi, who started the movement two years ago, said his method of inducing meditation is far superior to other methods because it is much easier to learn.

Students can pick it up in two or three days and it need be practised for about only 15 minutes a day.

"That's the glory of my method," said the gentle yogi.

Maharishi has no use for psychology or tranquilizers. They just don't stack up to simple meditation, he remarked.

FASTER THAN PSYCHOLOGY

"Psychology in years can't bring about things that meditation accomplishes in a very short time."

"It's a very poor approach to peace. Psychology only uncovers the surface levels of the ocean of the mind—meditation gets to all levels."

As for tranquilizers: "They are a great misery on the whole world. Meditation is a non-medicinal tranquilizer, and it has no evil effects."

HAPPINESS HIS GOAL

"The S. R. M. is designed to bring about positive happiness throughout the world. That is what everybody is searching for, In order to have a green forest, all the trees must be green. Therefore, in order to have world peace all the nations, societies and individuals must be peaceful," he said.

BU Savant's Yogi Guest Offers Key to Peace



BOSTON TRAVELER

OCTOBER 6, 1959

A man from the mystical Orient, visiting here this week, has offered a possible antidote to the tension that grips the world today.

Maharishi Mahesh Yogi is on a world tour to give his idea of how to help mankind.

GUEST OF B. U. PROFESSOR

He is a house guest of Boston University Professor David Manning White of 46 Orchard St., Belmont..

Dr. White met the yogi in Burma two years ago. The professor was there as part of this country's technical assistance program.

Briefly put, Maharishi Yogi's solution is meditation.

But that one word is not enough to truly sum up what he has to offer. For in the Far East meditation does not mean prayer as it does here in the Western world.

Nor does it mean self-hypnotism, for self-hypnotism requires relaxation as a means to clear the mind for better thinking. Maharishi Yogi's meditation clears the mind first which in turn brings about relaxation and easing of tensions.

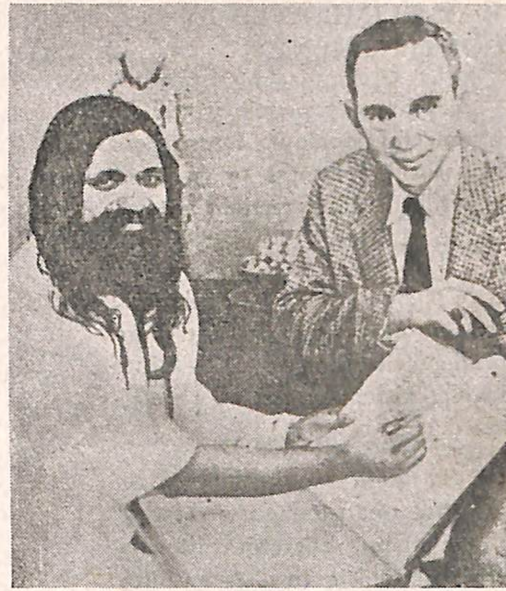
EAST, WEST ARE MEETING

There, in that corner house in Belmont the vastly different cultures of East and West are meeting.

To us in the West the Orient means something strange, exotic and mystical.

Similarly, to this obviously contented, quick-to-laugh man with the flowing wavy hair and long black beard, our world seems strange."

This teacher from the Himalayan Mountains of northern India explained his gift to humanity this way:



MAHARISHI AND Prof. WHITE

Inner discontent is what causes truth to be suppressed. But if truth—that which never changes—were helped to its feet by eliminating this inner discontent, tensions would disappear.

WAR ELIMINATED BY CONTENTMENT

A happier people would be a peaceful people no longer bent on world conquest or war or other forms of aggression, according to Maharishi Yogi.

There is much, he explained, that most people do not comprehend in the world, things whose existence is scarcely recognized.

Through meditation people can shut out the "gross objects" about them, thereby allowing the "subtle" goings-on to filter into the mind.

"Allow the mind to dwell on its inner consciousness." Maharishi Yogi said, "There in the mind the individual will find nothing but good, for man is basically good."

The Yogi calls this the Spiritual Regeneration Movement.

HIS IDEA IS ACCEPTABLE TO ALL

And he has been careful to keep it acceptable to all religions.

In New York, recently, he won the head of a major Christian denomination over to meditation and he is just as loyal to his own church.

Maharishi Yogi also is seeking an audience with Pope John XXIII, for he plans to leave for Rome, Paris, London and other European capitals next month.

"All religions seek salvation," the Yogi explained. "The differences among them are in how to attain this salvation.

"Through meditation, peoples of all religions may practise their beliefs more effectively, find salvation and find with it inner contentment."

MEDITATION COULD AID MENTALLY-ILL

He blames the crowded mental hospitals in the Western world on inner tensions and discontent and claims meditation would aid many of the mentally ill.

"Meditation", he said, "offers itself as a non-medicinal tranquilizer."

Maharishi Yogi is realistic enough, for all his spirituality, to realize different peoples must be approached differently with this idea of his.

"In this country, where you have so much of science, I approach you in terms of logic and science," he said.

He's well-equipped for it too, for he holds a bachelor of science degree in physics from Allahabad University in India.

APPEAL TO REDS' ENERGY

"In Russia I will appeal to their energy, if I am permitted to visit that country," he continued.

Speaking in space-age terms, he put his case for meditation this way:

"Outer space is being measured."

"Inner space should be measured too."

A concrete example of how it works was shown during his visit to Singapore, he said. "When I arrived, there was much tension."

He won the ear of the Prime Minister, a socialist, who soon put meditation to the test. Soon tensions began to dissolve.

And in Bangkok, Thailand, 7,000 prisoners have taken to meditation to prepare themselves for life outside the walls.

In the distant past, the East has given much to the Western world—language, customs and the basis for Western religion and philosophy.

Perhaps, once again, the West can learn something of value from the mystical Orient.

THE BOSTON DAILY GLOBE—MONDAY, OCTOBER 12, 1959

SPONSORED BY BOSTON UNIVERSITY PROFESSOR

Yogi Here With Meditation Plea

Residents along Orchard st., Belmont, have witnessed some unaccustomed activity recently centered around the home of Boston University journalism Prof. David Manning White.

Perhaps they have noticed an unusual number of automobiles parked in front of No. 46, with visitors coming and going at all hours of the day.

Or perhaps the youngsters playing touch football along the quiet tree-shaded street have caught a glimpse through a window of a full-bearded man in flowing white robes seated cross-legged in a position of contemplation.

The callers include prominent scientists, doctors, psychiatrists and men of letters in the area and the man they have come to see is Maharshi Mahesh Yogi, one of India's most famous wise men.

Prof. White met the Yogi in Rangoon last year when he, White, was an adviser to Burma's Premier Nu. A student of comparative religion, as well as of journalism, White spent many hours listening to the wise man expound his philosophy.

At that time, the Yogi was founding a new movement which has since received wide acclaim in the countries of the East. This movement is called the Spiritual Regeneration Movement and it is in order to spread his teachings that the Yogi has come to America on a journey around the world.

The movement is based

on what, for want of a better English word, the Yogi calls meditation. Both he and Prof. White explain that this "Meditation" is not bound to or restricted by any specific religion.

"Meditation is the effective process of sharpening the mind to increase its capacity for experience, so that it may be able to experience even those finer fields of creation lying beyond the gross field of sense perception," says the Yogi. "Meditation has infinite values because it connects the finite with the infinite."

"It is the opinion of medical men the world over," he said, "that possibly as much as 80 percent of diseases have their root in mental tensions. It is these tensions which meditation can overcome."

However, the Yogi does not pretend to be a healer and he is careful to emphasize this.

Although the Yogi is a holy man he is not oblivious of knowledge of the physical world in which he lives. Over 20 years ago, before he began his study of philosophy and religion, he received a Bachelor of Science degree in physics from Allahabad University, one of India's finest seats of learning.

"When the mental energy of the mind is diffused due to many wavering thoughts, the power of the mind is less," he contends. "But when it is concentrated and settled its power is great.

"If previously 100 thoughts came into the mind in one hour, and now, after beginning the practice of meditation, only 10 thoughts come in an hour, then, obviously, each thought has the power of 10 previous thoughts. This is how thought-force increases through meditation.

All too often, the Yogi declares, the mind and the soul have not kept pace with material progress and it is in this sphere that he feels his movement can bring happiness to many.

In the few months since he left India he has seen "Meditation Centers" founded in Honolulu, Los Angeles, and San Francisco. Branches also were started in several Far Eastern countries.

After the Yogi leaves the United States he will visit Europe. He hopes to set up an international congress of his movement in Switzerland.

When he returns to India, he will devote his time to teaching his disciples.

Although Prof. White feels he does not have enough experience to teach "meditation," he firmly believes in its power. "The Yogi," he says, "is a wonderful wise man who has helped me, and will, I hope, help many many others too."

THE GUARDIAN

MANCHESTER

DECEMBER 16, 1959

MISCELLANY

Meditate while you work

By Michael Frayn

Hot on the heels of the returning "Miscellany", His Holiness Maharishi Mahesh Yogi has left America and come to London. His Holiness is the founder of the Spiritual Regeneration Movement, which has its headquarters in Rishikesh, Himalayas, India, and whose principle is roughly Meditation While You Work. He has come to England to launch a three-year programme to establish 25,000 meditation centres, and get a tenth of the world's population meditating.

His Holiness' advance publicity promises the lucky meditator Ability to Adjust to the Fast Pace of Modern Living and Improved Social and Business Relationships. His Holiness' system, the publicity goes on, has outmoded traditional methods of meditation; only a few minutes' of daily practice are necessary to enjoy its results, its effects are directly experienced from the start, and neither study nor any preparation is required.

This seemed to me to be a far snappier programme than the one offered by his other Holiness (in Rome,) or his Grace (in Canterbury), or indeed His Anything Else, who all make various stuffy demands upon their devotees. For his three-week stay in London, His Holiness has set up an International Meditation Centre in a flat in Dolphin Square, the block of luxury apartments in Pimlico, and anyone can have an audience with him there.

At the Meditation Centre in

Los Angeles, his secretary told me, there are so many people wanting to talk to His Holiness that he has an arrangement like a multiple confessional enabling him to see half a dozen people at once. It usually takes no more than five minutes at the initial session to put a chap on the road to Mental Development, Spiritual Unfoldment, and Material Advancement (as the publicity material says).

When His Holiness arrived in London this week, he called a press conference over tea in the Howard Hotel. He comes from the "Valley of Saints" in the Himalayas, where he studied for thirteen years under His Divinity Swami Brahmanand Saraswati Jagad-Guru Shankaracharya Jyotir-Math.

He was dressed in white, with long hair and beard. He also wore three rows of beads and was carrying a bunch of red carnations wrapped in cellophane. As the waiters passed round the sandwiches he slipped off his sandals, tucked up his feet beneath him, and began to dictate a statement about the Movement in a high, patient voice.

The inward march of the mind, he said, was natural, everybody's mind was always ready to go to a field of greater happiness. It had been claimed that it was difficult to harmonise inner spiritual values and outer material ones. He claimed it was simple. There wasn't any need, it seemed, to give up your riches or make any other sacrifices. All you had to do was to meditate for five minutes, which would put you in a state of euphoria for the rest of the day.

It all sounded highly satisfactory to me, but the other tea-drinkers seemed to be still suffering from a certain discontent. What sort of Yoga was this supposed to be, asked an elderly Burmese. A combination of all sorts, replied His Holiness.

Could an ordinary labourer do it, asked a reporter. His Holiness nodded assent. "I could give him a word to meditate whose vibrations would create a congenial atmosphere."

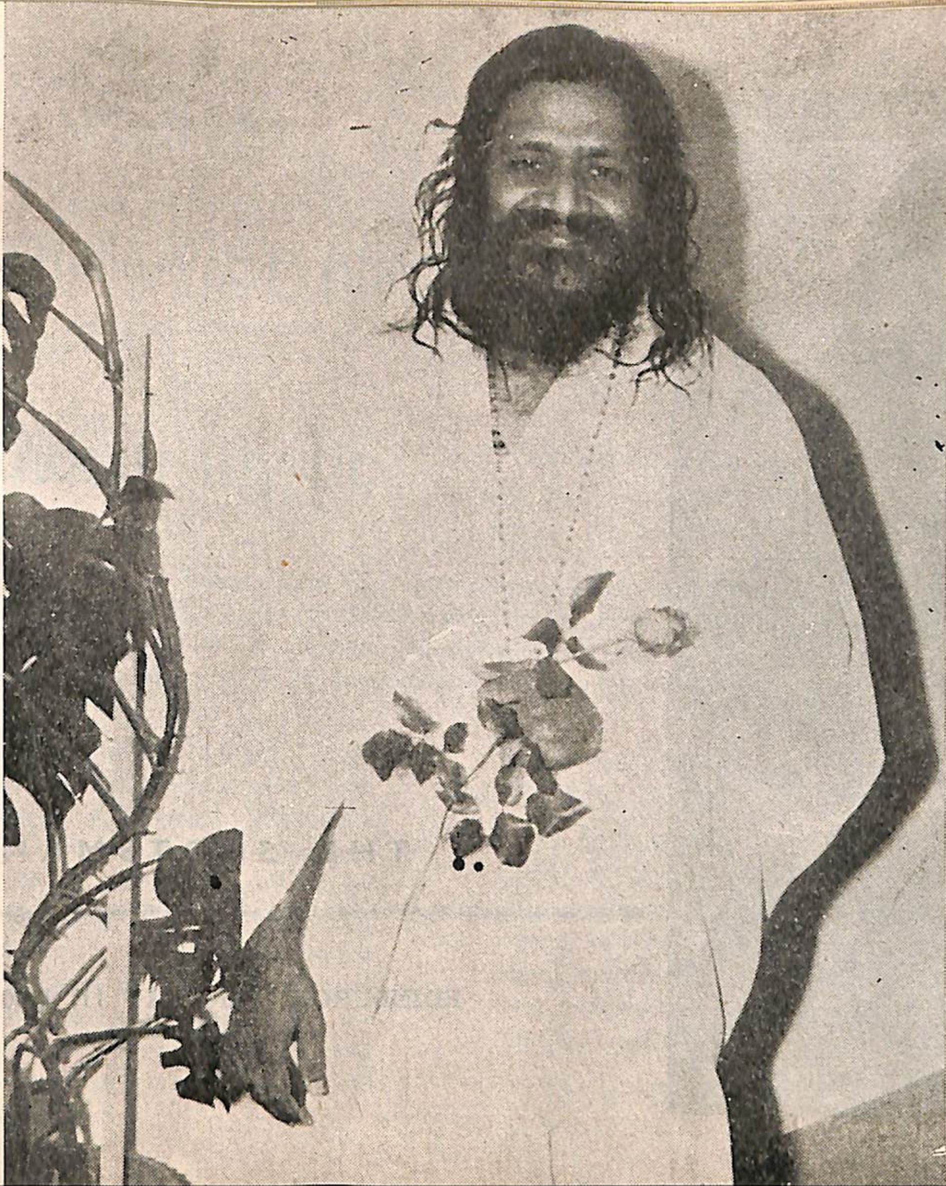
What word ?

The words could only be given out individually.

The press conference began to turn into a rather sharp theological discussion, punctuated by peals of high, ironical laughter from His Holiness. The Burmese wanted to talk about Non-attachment. "Non-Attachment is a false conception," returned His Holiness.

"Take an example," said the Burmese. "Take Mahatma Gandhi......"

"No, no, no !" said His Holiness despairingly, "How can



I be drinking tea, yet not drinking tea ?"

Could housewives meditate, demanded the reporter who had asked about labourers. Certainly, replied His Holiness and the children would enjoy it greatly, because she wouldn't beat them.

Where did the funds come from, asked someone. "When people begin to feel happy, there is no need for me to think about funds," said His Holiness.

Filled with tea and sandwiches all those happy people in Los Angeles had provided, we all grew meditative and silent.

"Do you claim divine guidance for your system ?" asked a television man.

"Oh certainly," replied His Holiness calmly.



THE SCOTSMAN

EDINBURGH, JANUARY 11, 1960

SPIRITUAL REGENERATION MOVEMENT IN BRITAIN

Three-year plan of Indian mystic

From our own Correspondent

Maharishi Mahesh Yogi had just broken a week's silence when I was ushered into his presence at Britain's new International Meditation Center (American spelling) in Chelsea. In deference to the Indian holy man, I had removed my shoes at the door and was thankful for the half light of the room.

Maharishi Mahesh Yogi inaugurated the first three-year plan of the Spiritual Regeneration Movement in this country on New Year's Day and immediately imposed on himself seven days of vocal abstinence which is perhaps why he was so voluble during our conversation. He sat cross-legged on a bed, his fine brown eyes sparkling through the long strands of hair which merge with a copious beard.

Occasionally, he leaned forward to sketch diagrams on paper as he described for me his system of meditation, his "non-medicinal tranquilliser" which is due to bring relaxation, energy and joy to mankind.

The questionnaire asks: do you need peace of mind, self-realisation or unfoldment of latent faculties? But we were alone in the second-floor room. The only decoration was a painting of Swami Brahmananda Saraswati Jagad-Guru, (the Maharishi's mentor.)

"GURU" NOT DEAD

The Maharishi does not regard his "Guru" as dead, however. He referred to the painting once and said: "Yes, he left his body about five years ago."

It was in January, 1958, when a seminar of "spiritual lumina-

ries" had convened in Madras to celebrate the 89th birthday of Swami Brahmananda that the Maharishi started the spiritual regeneration movement. "Had he not died, I should not have come into the world to spread his teachings," the Maharishi told me.

Maharishi Mahesh Yogi does not believe in giving his age. But his face is that of a young man, infinitely calm and composed. "I am a Hindu," he said softly in the insulated calm of the room. "But I am not preaching a religious system.

What I have discovered, and what I want to promulgate in the world, is a system of meditation which will allow men to attain the Kingdom of God-on-Earth. It is, in fact, the summum bonum of all that Christ and Krishna, Buddha and Mohammed taught.

"There is no similarity between my system and that of Zen Buddhism. What I do is to give a person a word. This word, suited to his particular needs, sets up ultra-sonic vibrations in his body when he speaks it and meditates on it, and the cells of his brain are changed to enable him to attain that higher consciousness which should be his."

"After only a short time, he will be filled with energy. His whole corporal body will be rejuvenated."

PUBLICITY FOR SYSTEM

"I do not want publicity for myself—only for the system. If people practise this form of meditation in this century, their children will be enlightened, great souls of the higher consciousness."

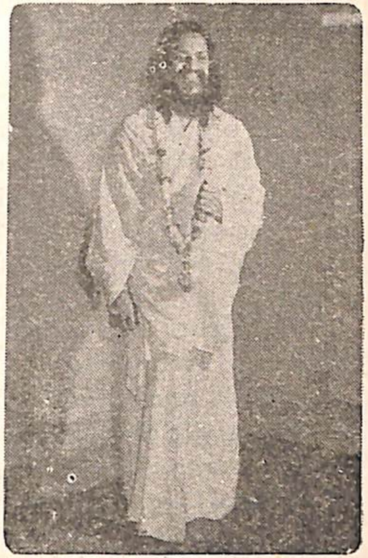
The Maharishi's meditative system, which he initiated in India two years ago spread swiftly through Asia. Then, last year, he went to the United States, where the three-year plan was formulated—at a convention in Sequoia National Park, California, in July.

MEDITATION CAVES

I understand that the Maharishi, who is a vital and jolly person himself, will supervise this academy of 84 meditation caves which will "combine the comforts of modern living and the sanctity and serenity of the Himalayan caves of ancient India." By July 1961 the original 84 trainees will have each established a training centre in a different region of the world for the training of more guides.

When I asked him whether his meditation formula had anything in common with the Tibetan mystics and their sounding of the word "Om," he replied that "Om" did not suit everybody. "The word must be for the individual and it can help him to overcome most psychosomatic complaints.

"I have had great success



with heart conditions, for instance. After the word and meditations have made the breath softer, the work of the lungs and heart is made correspondingly easier."

KNOWLEDGE AND WIT

The Maharishi claims that he never reads a newspaper or listens to a radio, yet he has a grasp of world affairs and history and can discuss in perfect English "the jet age" or Freudian analysis with knowledge and wit and he joined his hands to signify the interview was at an end and I was escorted downstairs by a Canadian who is the secretary of the spiritual regeneration movement's British and continental activities.

Whether Maharishi Mahe h Yogi, prophet of a new world movement, will attain any honour in this century, will perhaps be best known when he returns to his own country.

DAILY EXPRESS

DONE BY WORDS

Maharishi Mahesh Yogi, greeted me squatting Hindu style on a deer-skin on his healthy bed at his London headquarters.

But Maharishi, who has come to London to launch his Spiritual Regeneration Movement is not one of those acrobatic Yogis.

After 15 years of contemplation and meditation in the Himalayas Maharishi has emerged with a full head and face of black hair to tell the world that he has found a simple key which allows him to initiate all of us into the mysteries and transcendental blessings of Yoga.

To quote from his pamphlet, which is titled "The Highway to World Peace" and is dedicated to "the boundless resources of inner man," all you have to do is "take a dive within."

"Happiness is the goal of everyone. The mind of every man is searching for it. But usually in the wrong way and in the wrong places. It is not to be found in outward worldly things.

"It is here within us all. What we have to do is reach inwards and with the help of meditation let the mind rise to the levels of perfect happiness—utter bliss.

It sounded all too utterly simple. Maharishi asked me if I was happy. I said "Not particularly." He went on :—

"The key is in the mantras or special words or sounds. When I initiate someone I give him a mantra which fits his personality and problems and creates the right vibrations.

"He repeats it in periods of meditation and soon he is changed and regenerated.

"My method can change even diseased minds and bodies.

"I am willing to prove it by going to some of your prisons and mental institutions and initiating some of the inmates."

LONDON
JANUARY, 22, 1960

THE BIRMINGHAM POST

INDIAN SAGE BRINGS PEACE MESSAGE

Maharishi Mahesh Yogi, a long-haired, bearded Indian sage who spent 13 years meditating in the seclusion of a Himalayan cave, sat cross-legged on a settee in a Birmingham hotel last night and delivered his message of peace for the world.

"Human suffering and tensions can be abolished if only every man would turn himself inward and discover the truth within himself," he said.

"In every person there is an immense store of energy and possibilities. Everyone possesses the fundamental ability to raise this treasure and make use of it."

His sole reason in leaving his cave in the Himalayan Valley of Saints five years ago, he said, was that he believed he had found a method which would enable everyman to use that ability.

'Simple Method'

"I have come to teach a simple method of meditation which enables anyone to immerse himself in his inner being; to experience the blissful feeling of being united with the nature of the divine."

The Maharishi tried to explain his method: "I give men and women a word or syllable to which their vibrations respond. By meditation they experience the subtler levels of thought, and the mind is drawn to the source of thought where limitless peace, happiness creativity, and energy are found. That is the Kingdom of Heaven within each of us."

He has taught several disciples to continue his work when he leaves England early next year for Scandinavia.

BIRMINGHAM, NOVEMBER, 1, 1960

Maharishi Shows a Simple Method of Meditation

Would you go without your own necessary means of transport in order that someone else might travel from London ? Probably not, but that is what happened yesterday when the Maharishi Mahesh Yogi missed the train bringing him to Cambridge to lecture on his system of meditation at the Guildhall.

At some personal inconvenience a lady lent him her car. Excessive altruism ? May be, but that is the kind of thing which has been happening to Maharishi in the course of his world tour.

Maharishi is teaching a simple method of meditation which "has the aim of unfolding the spiritual and mental faculties in man, and achieving inner harmony and peace." For many years he studied the teachings of Brahminism and began his spiritual regeneration movement in Uttar Kashi, the Valley of Saints, in the Indian Himalayas.

SUBTLE LEVELS

Having evolved his method he left the Himalayas four years ago and began a tour of India, following this with a tour of Burma, Malaya, the U.S.A. and Europe. He first visited England in January, making his headquarters there, has been to Edinburgh and Birmingham and will go to Oxford.

What is this system of meditation ? According to Maharishi meditation means the "directing of the attention inwards towards the subtle levels of experience until the subtlest experience is transcended, the ultimate transcendental divine nature is reached and the source of limitless energy, peace and bliss is gained."

This release of tension and development of latent faculties means "progression of peace, harmony and happiness, and development of potentialities in individual, social, national and international life." In turn this releases "all men from worries, confusion, disharmony and suffering from day-to-day living" and leads to a "natural state of universal peace and harmony."

VIBRATIONS

Since beginning his travels Maharishi has brought many people to "increased happiness" by introducing them to his system of meditation. The initiation follows a private interview for which Maharishi has to be



CAMBRIDGE DAILY NEWS,

ENGLAND

NOVEMBER 8, 1960

supplied with information about vocation, hours of duty, how many people live in the household, state of mind and health of the initiate.

Maharishi then decides the "vibrations to which the initiate is most responsive" and the latter is then trained to "explore and experience the subtle fields of those vibrations."

Meditation centres have been set up in all the countries in which Maharishi has travelled and people of all walks of life have learned his system of meditation. However, as yet, Maharishi cannot number politicians of any standing among his converts.

GREATER VALUE

Maharishi has yet to take his system to Communist countries, but he says confidently that "It will not be long" before he is invited to go.

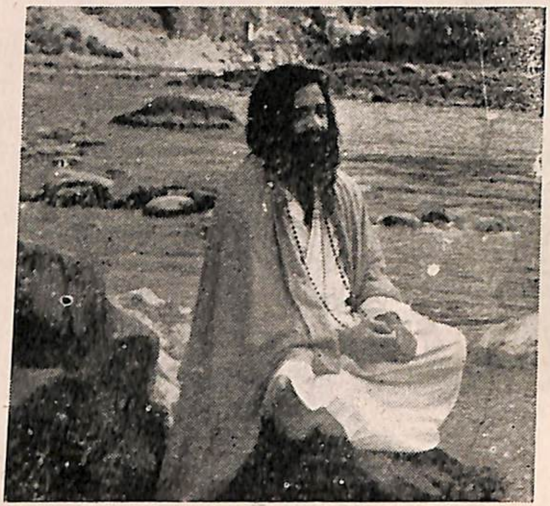
HE LEFT HIS CAVE TO BRING PEACE TO THE WORLD

BY DON CHAPMAN

There were four pairs of shoes outside Room 305 at the Randolph Hotel last night. The brown ones with the knot in the left lace were mine.

I had taken them off with some embarrassment as to the state of my socks in order to meet His Holiness Maharishi Mahesh Yogi. His Holiness, his secretary said, preferred the Oriental courtesy of stockinged feet.

Maharishi sat, his long raven hair and beard tangling on to his chest, wrapped in a white, flowing garment, playing with two rows of black and amber beads, cross-legged on an easy chair.



As I entered, he smiled benignly and brought his palms and finger-tips together in a motion of reverential greeting. I had come at the invitation of the Spiritual Regeneration Movement to learn about his message of peace for the world.

SIMPLE SAGE

Until three years ago, he was a simple Indian sage meditating in a cave in the Valley of the Saints, in the Himalayan Mountains. But he said: "The tourists came to me and said: You are sitting in the caves here peacefully and happily, while the world is full of tension and unrest. Why don't you come out and teach it the secret of your peace and happiness."

And out he came and embarked on the world tour which last night brought him to Oxford. His message, he claimed, was simple.

"I teach a simple method of meditation, which enables anyone to immerse himself in his inner being; to experience the blissful feeling of being united with the nature of the divine."

"I give men and women a word or syllable to which their vibrations respond. By meditation they experience the subtler levels of thought and the mind is drawn to the source of thought where limitless peace, happiness, creativity and energy are found. Everyone possesses the fundamental ability to raise this treasure and make use of it."

But didn't it take time, I asked somewhat dubiously. "It begins from the beginning. One begins to feel better right from the start. It takes but a few moments to reach a state of pure absolute consciousness," he replied.

But does it not conflict with existing religions? "No, it is something that can be accepted by people of all religions, oriental and western. In all religions, people seek the same thing: peace in this world and in the hereafter." Then he believed in the hereafter? "Yes."

Baffled by fundamentalism, I switched my attack. He had emerged from his cave to a troubled world. How troubled did he find it? "People are very tense and uneasy," he said.

OXFORD MAIL

ENGLAND, NOV. 15, 1960

But did he not notice great evils in the world? They do not concern me. I do not feel the need of thinking about the darkness of the world, when I am bringing the light." He laughed.

Well, where did he get his money from to bring the light, if it was true, as is said, that he travelled out of India alone, without possessions, seeking no profit or personal publicity.

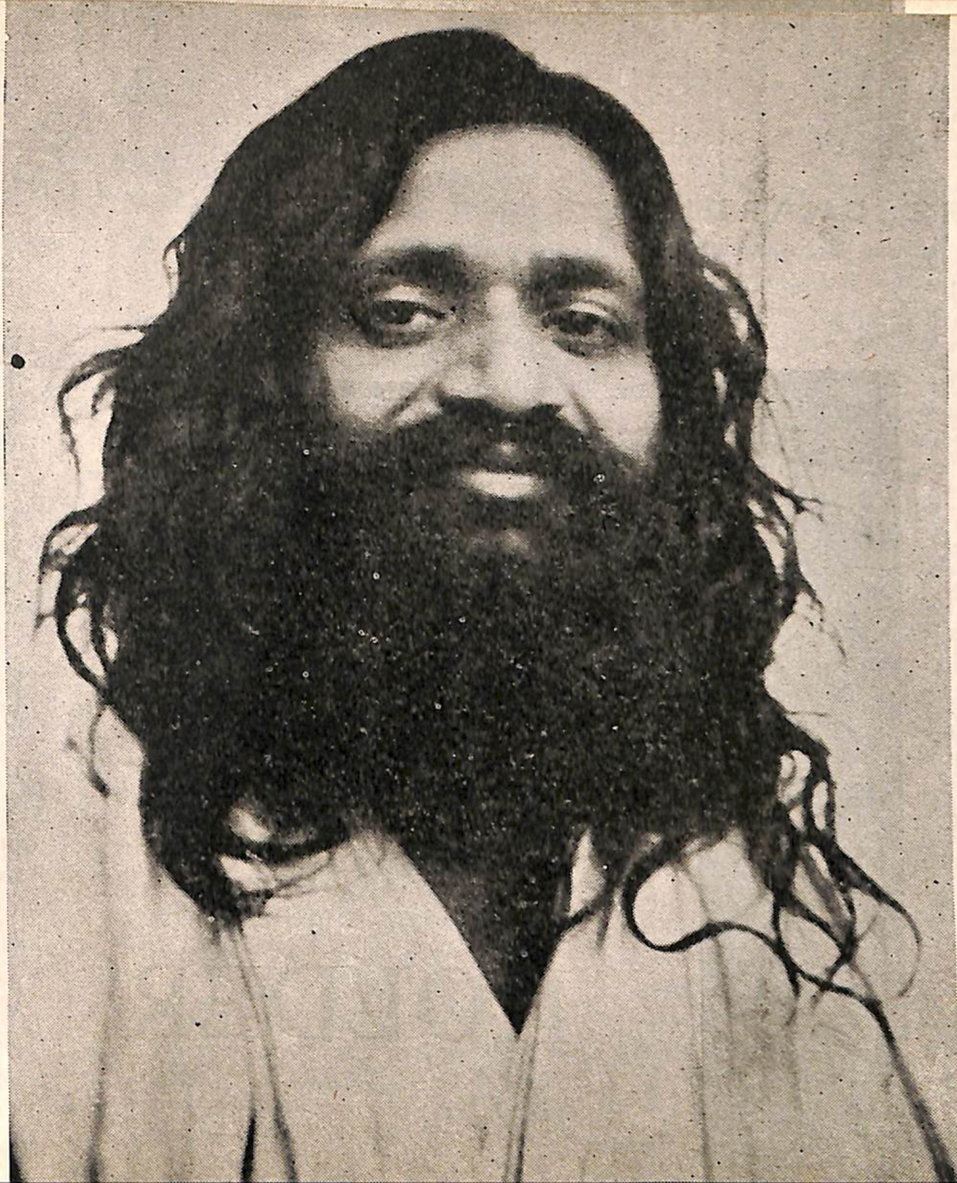
FINANCE

"I do not concern myself with finance. They attend to that." Who were they? "The people around me who are interested in my message."

After visiting Scandinavia he will return to to India next year, having set up centres in the various large cities of the world with assistants he has given a week's training to pass on the message.

"They are not centres where people meet," he said. "People have no time for meetings. My assistants will instruct them, then they will return home to practise meditation in their own homes for a few minutes every morning and evening.

A sceptical journalist, I tied up my shoes and went away to meditate on the strange innocence of His Holiness Maharishi Mahesh Yogi.



THE GUARDIAN LONDON, APRIL 19, 1961

By KEM BENNETT

THE WAY OF THE HOUSE-HOLDER

A new holy man from the East has lately been abroad in the Western world. His name is the Maharishi Mahesh Yogi, and he is the leader and founder of an organisation called The Spiritual Regeneration Movement. He hopes to spread his teaching throughout the entire world. It is "a method of meditation by which anyone may gain access to limitless energy, heightened efficiency of thought and action, and release from tensions and anxiety."

These are large claims and an even large aim; but one aspect of the new Maharishi's teaching stands out, namely that it consists neither of doctrine, nor philosophy, nor even of concept. It is a new activity that is being offered to us; or perhaps it would be more correct to say a new form of a very old activity.

To inquirers interested in the theory of his method, the Maharishi Mahesh Yogi will preface the description of it by saying that it is first necessary to understand something of the meaning of two Indian expressions, translated, these are: "The Way of the Householder" and "The Way of the Recluse." They are both ways to the same end—union with God or the Higher Self. But the two ways differ fundamentally in their manner of approach. That of the Householder lies in the world, in life, and in activity; that of the Recluse lies out of the world, is detached from life, and rejects activity. A man can follow one Way or the other but, the Maharishi would insist, they cannot, by their very essence, be mixed.

This leads to the first point that is new in the Maharishi's teaching. He would have it that all our visiting sages and their teachings have been part of some or other recluse tradition. Consequently none of the teachings and none of the practices (such as Yoga and Zen) have "taken" in the West because they are all ultimately destructive to the life of the Householder. To attempt to pursue a normal daily life and at the same time to follow recluse patterns of thought, is to set two powerful forces in conflict; and by doing so a man achieves neither spiritual nor material progress but falls between the two. This perhaps explains the West's instinctive mistrust of mysticism. The question then arises: "Why have all recent teachings been part of a recluse tradition ? Why have teachers of the Way of the Householder, obviously so much more attractive to Western man, not come to offer us help and guidance ?" The Maharishi's answer is that there was none; that the method and practices of the Way of the Householder have been lost for centuries, to Indians just as much as to Europeans.

The Way of the Householder is said to be exceedingly simple, demanding of its practitioner neither physical nor intellectual contortions; all that it does demand is two periods of half an hour spent daily in meditation. Secondly, one is assured that its practice will not interfere with religious convictions already held, but will, on the contrary, broaden and strengthen them. Thirdly, it does not involve any lasting association with the teacher; once the method has been taught and its correct execution confirmed the householder need never see his teacher again and in no way remains dependent upon him.

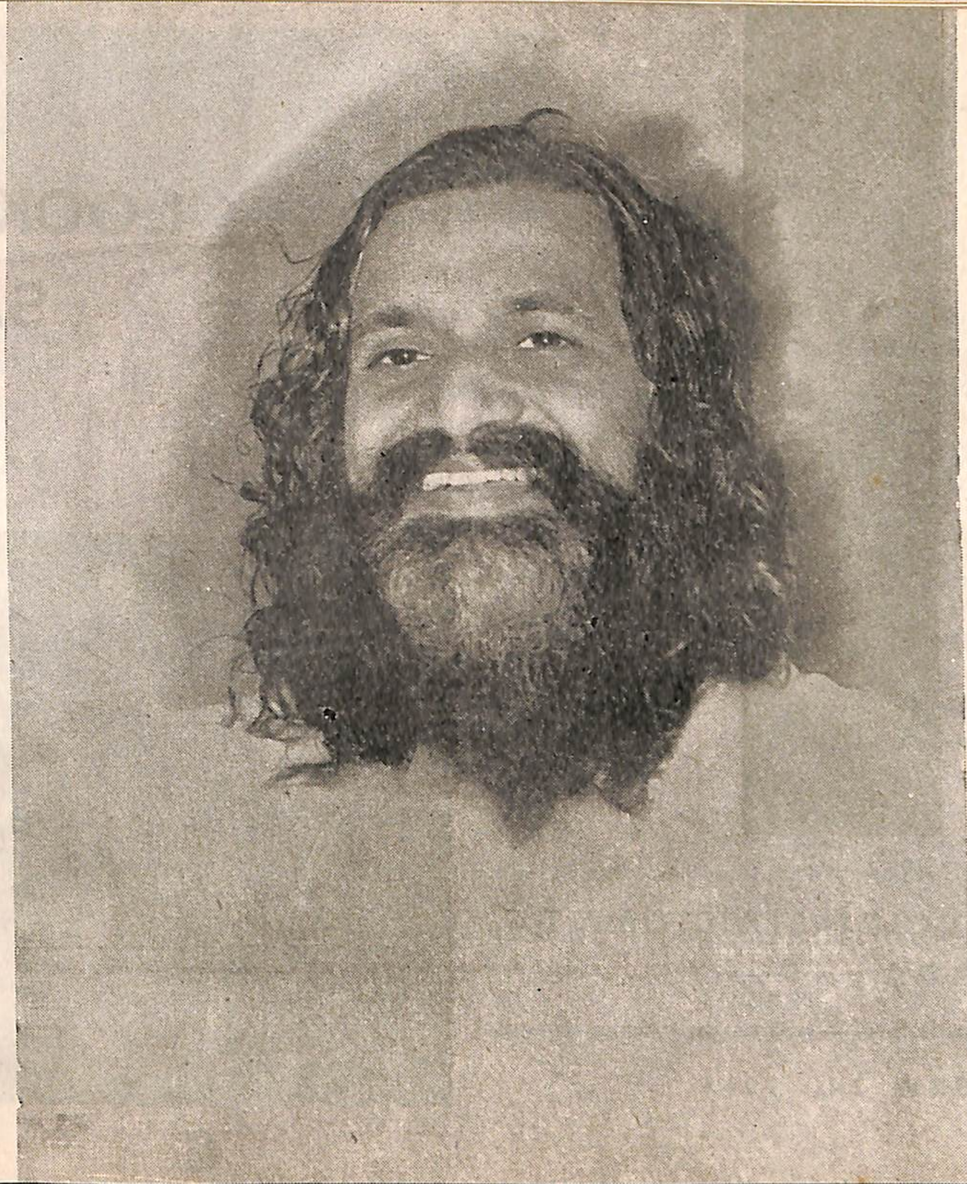
The Maharishi claims that his method will not interfere with religious convictions because, he says, it is a spiritual exercise which goes behind religious conceptualism to that ultimate source of energy and consciousness which lies buried in all men. He adds that it works because,

the mind naturally turns to that which gives it happiness and bliss, and the strength of his method is that it exploits this natural affinity.

To attend one of the Maharishi Mahesh Yogi's meetings or to go to his headquarters near Regent's Park can be a testing experience because there is almost nothing familiar or even comfortably commonplace about either the man himself or the thoughts and conventions which surround him. The Maharishi is a small man, profusely bearded, and invariably dressed in the lightest of cotton shawls over, one suspects, little more than a loin cloth. He is rarely to be seen without some flowers in his hands. Whenever he is pleased with somebody he gives him a flower. His English is a little strange but fluent and he talks brilliantly. He laughs a great deal. He is well informed upon a large variety of thoroughly non-spiritual subjects and given, when he wishes to make something clear, to making analogies. For example, when speaking of his method he compares it with going to the bank to draw money to spend in the market place. "What", he asks, "is the use of going to the market place without the cheque book ? This merely leads to suffering".

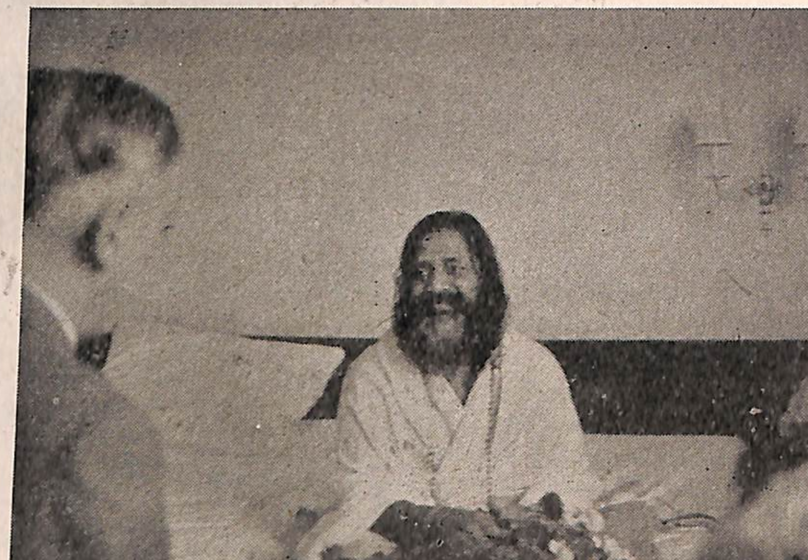
He is said to be about forty years old. Before becoming a holy man he studied at Allahabad University, where he graduated in physics and mathematics. He constantly acknowledges his debt to his teacher, the late Swami Brahmananda Saraswati, whom he evidently greatly reveres and with whom he credits the rediscovery of the Way of the Householder. He is a Vedantin in the tradition of Sankara and, although he teaches the Way of the Householder, is himself a recluse and a celibate. He will explain that he has re-entered the world of activity only in order to teach his Way, and that he will withdraw again to the Himalayas once his mission is accomplished.

Like his predecessors, the Maharishi Mahesh Yogi attracts the credulous, the god-hungry, and the changeable in spirit. He already has his devotees, among them, people only too evidently determined to deify him. Even here in England, although the great majority of his followers seem to be very ordinary, responsible human beings, he has attracted seekers of *darshan* (those who feel that they derive spiritual benefit merely from being in the presence of a sage). With this, inescapably, there goes an atmosphere of devotion.



LOOK INWARD, SAYS YOGI

BY TED PULFORD



DAILY COLONIST VICTORIA, B.C., CANADA

OCTOBBR 24, 1961

Some 120 Victorians in search of tranquillity and spiritual comfort met in the Empress Hotel's Princess Louise Room last night to hear an Eastern mystic recount his own adventures along the road to peace of mind.

In melodious, delicately-phrased English, Maharishi Mahesh Yogi painted a word-picture of a universe filled with the "vibrations" of tension and anxiety—vibrations which can be combatted only by the "right-thinking meditations of millions of people".

FOUNDS CENTRE

Speaking as the chief exponent and founder of the International Meditation Centre, Maharishi wove a powerful spell with his gentle voice as he spoke of the peace found in meditation.

"Try to follow what I say", he said, "if the kingdom of Heaven is in you or me, then surely we are born to enjoy it !"

JUST BE STILL

"Is it not so ? Just be still and know that you are God !"

Maharishi, who intends to found a group here, had little comfort for the man seeking a complicated answer to the problems of a complicated world.

The approach to inner peace, he said, is anything but a sombre journey filled with self-recriminations or pain. Rather, he painted the vision of an approach which compels by its very simplicity.

LOOK INWARD

"Dip into your own spiritual resources," he urged. "Look inward ever so little and you will be drawn deeper into meditation by the intrinsic charm of what you find.

"Everything in conscious life is measured in terms of experience. Visit this inward realm once and you will find it ever easier to return."

Some might have come away unconvinced of his idea's validity, but it would be difficult to doubt the man's sincerity.

Organizing under the "Spiritual Regeneration Movement of Canada", the group headed by Maharishi already has information centres in Vancouver and Chilliwack.

THE

NEW ZEALAND HERALD

MAHARISHI MAHESH YOGI

Hundreds Meditating In Wellington

THE MAHARISHI MAHESH YOGI HAS NOW GIVEN HIS SIMPLE METHOD OF DEEP MEDITATION TO MANY HUNDREDS OF WELLINGTON PEOPLE.

Many of these people have experienced immediate release from tension and anxieties and are beginning to enjoy that peace and happiness which this meditation brings.

The Maharishi Mahesh Yogi is a spiritual teacher from the Valley of Saints, Himalayas, and brings to New Zealand his method of deep meditation which leads directly to peace of mind and happiness. It is astonishingly simple, requiring no training or physical exercises and can be practised by anyone as part of daily routine.

A SCIENCE GRADUATE

Maharishi Mahesh Yogi received his degree in mathematics and physics at the Allahabad University. After graduation he entered a life of seclusion with one of India's great master teachers, Swami Brahmananda Saraswati, the Shankaracharya of Jyotir-Math. This teacher—or Guru, as he is known by his followers—is universally recognised as a leading authority on the ancient Vedic tradition.

IMPELLED TO LEAVE INDIA

When the Maharishi was sent out from the Himalayas to teach in the cities of India his success

AUCKLAND

MARCH 14, 1962

was immediate and widespread with people of every kind. When visitors from other lands spoke of the increasing tensions in the Western world the Maharishi was impelled to set out on a tour to many countries with his message of peace.

FIRST WORLD ASSEMBLY

Last March the Maharishi addressed his first world assembly of delegates from the many overseas centres of the Spiritual Regeneration Movement that he had founded on his first world tour. At a public session of this assembly over 4000 people packed into the Royal Albert Hall in London to hear his message. Afterwards a large number received his method of deep meditation.

S.R.M. IN 24 COUNTRIES

When the Maharishi went to London several years ago, he was unannounced and his only possessions were a passport and an air ticket and the robes he wore. Now, barely three years after, he has founded S.R.M. Centres throughout the East, across the pacific, the United States and Canada, in Great Britain, Germany, Sweden, Norway, Denmark, Italy and Greece.

ADDRESSEAVISEN

NORWAY, MARCH 22, 1962

MEDITATION SOCIETY IS FORMED IN NORWAY

400 PERSONS NOW MEDITATE ACCORDING TO MAHARISHI'S METHOD

The Indian Saint, Maharishi Mahesh Yogi, travels all over the world as a sort of missionary for the Indian meditation system, yoga. In September last year he also visited Norway and this has resulted in his form of meditation taking organized forms in this country too. At the end of January, Norway's Meditation Society was formed in Oslo. It has at present only about 70 members, but one of the board members, Willy Gjertsen, who was staying in Tondheim, in the course of a journey yesterday, tells us that there are about 400 persons in this country who now practise meditation according to the Maharishi Mahesh Yogi's system.

It may be said indeed that meditation, of which there are many forms in India, has its original source in Hinduism, but such as it is practised among us, it is entirely independent of any religious standpoint. It is, in brief, a meditation which relaxes the tension in the nervous and harassed human mind and affords inner currents of peace and happiness. It is of golden value and it is a gift to those who will accept it, Gjertsen declares. He himself has had great benefit from it, he says.

And how then does it proceed?

It is not easy to explain in brief terms—it must be learned as a whole. The person who is to meditate gets from the teacher a key word, on which he is to meditate for, say a quarter of an hour. This causes his thoughts to dissolve, and his

mind derives force and strength from his innermost Being. He is freed from fear and anxiety. Every person has within himself limitless creative energy and other positive qualities. When contact with this inner Being has been found, it is possible to draw from this treasury riches for use in the everyday life. A person who has been freed from fear and anxiety, and who through meditation has found peace in himself, will no longer be vulnerable toward tensions caused, for example, by the world situation or by other human beings. On the contrary he will radiate peace and energy in his environment, and thereby in reality make his small contribution to the world's peace. Maharishi Mahesh Yogi's meditation is already practised by thousands of persons in East and West, and if a still larger number would take it up, the effect would be perceptible, not only among individuals, but in whole populations, and consequently also in the actions of governments and statesmen.

The method followed is neither difficult nor exacting, Mr. Gjertsen says. It demands neither knowledge nor preparation, and can be practised by anyone after a few hours' intruction. But it has to be learned. The Society has now two teachers in activity in Oslo, and several more checkers or controllers will be trained, who will see that the method is correctly practised. In the Summer a school will be held in Austria, and 30 participants from Norway have already notified their attendance.



MEDITATION GUIDES COURSE IN NORWAY

The Society has as yet no contacts in Trondheim, Gjertsen states. The members dwell rather scattered all over the kingdom. Thus in the north we have contacts both in Alesund and Harstad.

Will Maharishi Mahesh Yogi be coming to Norway again ?

We should of course very much have liked to have him here, but there are difficulties. He travels all over the world and has his travelling routes planned years in advance.

AMRITA BAZAR PATRIKA CALCUTTA, JULY 10, 1962

MAHARISHI MAHESH YOGI



Maharishi Mahesh Yogi, Sponsor of the World Spiritual Regeneration Movement, Dhyan Vidya Peeth, Shankaracharya Nagar, Rishikesh, will give a discourse on "Simple system of meditation to unfold inner potentialities and curing diseases" at the Academy of Fine Arts Hall, 1, Cathedral Road, today at 7 P.M. Lady Renu Mukherjee will preside. After conducting a 5-day meditation course in Calcutta, Maharishi will leave for Europe to conduct similar courses.

TIROLER TAGESZEITUNG

AUSTRIA, JULY 23, 1962



A TRANSLATION

AS A LOOKING ON GUEST IN THE TRAINING COURSE FOR BLISS

BY HERBERT BUZAS

At Hochgurgl a saint from India has taken his domicile. Maharishi Mahesh Yogi has left his one-man cave in Uttar Kashi, in the "Valley of Saints", in the Himalayas and exchanged it for the comfort of a modern single-bed room with bath. Comfort, however, means little to the man from the East. Moving with the calmness of a benefactor of mankind who is rooted in spirituality, Maharishi crosses the hotel hall welcomed by people in silent devotion. He wears a white dhoti and is bare-foot. In a cool manner Maharishi places himself on a low table covered with white linen and flowers. He looks round with a smile, and there you discover his mouth full of white shining teeth which is hidden under a wild beard overgrowing his face. His eyes are even a shade darker than his bronze coloured skin. Pitch-black hair mixed with silver threads falls roughly over his ears down to his neck. Maharishi speaks English. His voice sounds rather high. His gestures are calm like those of a monk. Between thumb and forefinger he whirls the stem of an alp-rose.

The very moment one expects spot-lights to lighten up and any-one commanding, "Attention-play begins"—and this all the more as a microphone is hidden at the feet of the saint under flowers. Aside the wheels of a tape-recorder are rotating slowly. At Hochgurgl, though, no film is being produced, people meditate.

Approximately 200 men and women are sitting closely together on chairs, armchairs and long-legged bar stools. They sit around the master whose dark face is enlightened by a shining daylight breaking in from the mountains through the high



windows with a glamour.

200 people, members of 18 nations from the Northcap to the Golden Horn—Austrians are not among them—have gathered around the saint from the Ganges for one month to learn and try the technique of meditation. Two years ago the S.R.M. was founded in Germany. The organisation invited Maharishi's disciples to attend this first European summer course of meditation. It takes place at the Angerer Alm, filling the beds of three hotels with an audience that, instead of diversion, exceptionally seeks concentration.

Since two hours already the participants in the course are sitting motionless at the Master's feet whose words are interpreted into German and Norwegian. The day outside is wonderful—but the 200 people turn their backs on all its beauty. With radiant faces they listen to the philosopher, as if they were listening to a symphony. "Most of us feel waves of happiness which will slowly flow into an ocean of bliss", teaches Maharishi. The interpreters follow up his words simultaneously. The tape is running patiently. His conception being unknown, the man from the Ganges scatters wisdom in small portion among his audience. They are here at the 'Academy of Happiness' since two days. And obviously they do not get tired to follow the "Agent in Wisdom Travelling through the World" who is trained in physics, mathematics, Sanskrit and Indian philosophy.



The air in the hall grows thicker and thicker, but the faithful faces of silver grey grannies, nice young ladies, lawyers, medical doctors and managers as well as simple housewives do not wither. With a blessing gesture Maharishi lifts up his arms and says, "Now let us all meditate for fifteen minutes". His bearded double of Wies-

baden translates into German. Under the Master's gentle power 200 people—almost all of them intellectuals—sink into the depth of their souls. They close the eyes and put their hands together. All sounds die out in the hall. Only waves of breathing vibrate nearly inaudibly. There are all types of people, a bearded Norwegian, a Frenchman, a girl of Liverpool, finally the Swedish lady on the bar stool doing a balancing feat. She sits "at attention" in spite of a fly that buzzes around her like a satellite.

After 15 minutes Maharishi and the 200 "statues" return to life. The Master starts questioning. "Who has meditated more than 2 hours to-day ?" Nearly everybody lifts his finger. Who has meditated two and a half hours ?" Approximately 30 answer. "Who would have liked to sit longer in meditation ?" Those 30 persons lift again their hands. "Good", Maharishi smiles contentedly.

Strange it is what now the saint spreads among his audience. "If 10% of all adults would meditate 30 minutes in the morning and in the evening, from that moment on the atmosphere would be purified of all negative vibrations that no war could break out for hundreds of years". A deep breath of relief is in the sticky air. A sceptical German asks, "Through which scientific method did Maharishi find the 10% ?" In three languages the tape registers : "Since 20 years vibrations of hatred are sent out from the conscious level of the mind. Such vibrations, however, are not efficient like those emitted from the subtlest level of consciousness, because they come from the depths. It would in fact be sufficient if only 1% of mankind meditates to do away with the hatred. But for safety reasons, we postulate 10%. " Maharishi perhaps also studied insurance mathematics, who knows it ? "And how shall we reach 10% of meditating people ?" "By training camps like this !"

I was successful in talking with Maharishi. Upon my question, what the technique of his meditation is, he answered, "It is no good to report on this in a newspaper. You stay for three days and you will know it." The interview was finished hereby.

So I had to talk to the disciples of the Master. A housewife admitted, "Since I meditate I have no more trouble with my family. I am much happier here than my sister in the "Moral Rearmament". Said another young German, who was trained by Maharishi in the Meditation

Academy at the Shankaracharya Nagar, Himalayas, India. "Since I am meditating, I can do much more, I am quicker in decisions and am in perfect harmony with the Divine. It is the teaching of the S.R.M. to tell people that there is no contradiction between the material and spiritual values of life. It is not necessary to leave the world in order to begin meditation."

The "Spiritual Leader" for the whole of Europe, Mr. Henry Nyburg, formerly a Major, called the meditation a source of purest bliss, as a way to become peaceful in God, and as a technique so simple that even children, men and women of any age and culture, of any nationality, colour and ideology could understand and practise.

A young German said he would do his best to continue his meditation even during his military service. "It makes me so happy" he said. What will the sergeant think of it ?

In a discussion with Maharishi people maintained that arthritis could be cured by meditation. Meditation instead of medicine, meditation against sorrows, trouble with the boss or the fiscal office, against nervousness, against psychic disturbances, meditation to awaken latent faculties, to increase cosmic consciousness, to arrive at the absolute void of thoughts ! At Hochgurgl you can learn it within three days. Maharishi and his initiators grant philosophical instructions, lead you into the practice and check you afterwards if you are on the right way.

I did not want to leave the place of happiness without knowing how the technique of meditation could be learned. Maharishi himself kept silent. But there is a mimeographed paper which tells it all : Each person will be initiated by a specially trained teacher. The teacher gives each person the word-vibration supplementing his personality. Words which you may choose yourself have no effect. They may even harm you as the vibrations are partly unknown. Therefore, a warning is given to stay away from such experiments.

DAILY EXPRESS OCTOBER 13, 1962

William Hickey

WHY NOT TRY INNER SILENCE?

SOME IDEAS ON KEEPING THAT SATURDAY FEELING ON MONDAY MORNING

Some of the most important people are going in for "inner silence" these days. My friends insist it is becoming all the rage to "take a dive" into yourself and seek outer tranquillity.

A cult of meditation is blowing through the tension-racked worlds of business and the arts like a wind off Everest. Devotees tell me they benefit by having pressures and anxieties replaced by a happy and relaxed disposition.

As Fleet-street's top tensed-up columnist, I have been making inquiries. Could I not follow in the footsteps of folk like Sir Alec Guinness (who has just spent a solitary fortnight in an Italian monastery) and novelist Muriel Spark (who chose a monastery in Kent for some quiet thinking).

Even Viscount Montgomery enjoys a form of meditation. "Each morning I think about the problems of the day. I have been meditating all my life. If politicians meditated before taking action they would get better results" he says.

Most of those who embark upon this sort of thing follow a system of deep meditation launched by Maharishi (Great Saint) Mahesh Yogi, Indian saint from the Himalayas who gives you, according to your temperament, an Indian word to be repeated in meditation.

How do you meditate Yogi-style? "Sit comfortably in an alert position, whether in your home or on a bus, and repeat the word over and over again until you have reached the innermost part of your mind", says bearded Canadian painter Stephen Andrews.

Mr. Andrews has spent three months in the Himalayas. His house in Knightsbridge is full of abstract and mystical paintings. He even has a meditation chapel.

Old Etonian actor Mr. Jeremy Brett has benefited from two daily periods of meditation. "Actors are quick to see a practical use for it", says Mr. Andrews.

Authoress and organiser of the recent Cheltenham Literary Festival, Elizabeth Jane Howard, will not miss her twice-daily meditation. Mr. Hamish Hamilton, Nancy Mitford's publisher, admits to a "flirtation" with the cult.

And Mr. Lionel Bart says: "I was meditating twice a day during the rehearsals of 'Blitz!' I don't think I could have coped if I hadn't taken it up. It makes you more tolerant and patient."

YOGI COMES TO OXFORD

The quest for a contented mind

Maharishi Mahesh Yogi an Indian teacher now completing his third missionary journey round the world, dropped in on Oxford last night.

He spoke at a widely advertised meeting in Arlosh Hall, Manchester College, to an audience of about 60, on the dynamic effects of meditation.

He was persuaded, he said, to come and tell the Western world of his system of meditation after spending eight or nine years in a cave in the Himalayas.

A two-minute silence before his speech, ensured rapt attention for the first word — "meditation".

ENVIABLE STATE

He talked for an hour and 20 minutes without giving the slightest hint of what sort of meditation it was that would bring us to a perfect, trouble-solving and enviable state of "bliss-consciousness."

When pressed by a questioner to say how one could set about meditating, he said: "The question of doing is a practical question," he could say nothing about the choice of words to think about. "These words we do not seek out loud, for fear of confusion."

The idea seems to be that by analysing a thought one can get nearer to its origin and deepen the conscious part of the mind, until eventually the transcendental being is found.

OXFORD MAIL

OXFORD, ENGLAND

SEPTEMBER 29, 1962



EVENING PRESS,

DUBLIN, IRELAND

OCTOBER 8, 1962

MEDITATION

I am curious to find out the audience's reaction to the public lecture given in the Shelbourne Hotel last night on the "Technique of Meditation." In the Russell Hotel, on Saturday night, we had a most unusual interview with a disciple, the gentle and eloquent John Holmes, an Englishman sometimes living at Sneem, Co. Kerry, and two Dubliners, Colm Caffrey and Jim O'Connor.

Mr. Holmes told us that he himself had found true happiness, and ascribed his delight in living to the practice of the technique of meditation as taught to him (he referred to the Himalayan origin of the technique).

He could now relax, he said, to such an extent that his pulse slowed down, his breathing became as light as that of a baby, and while in this condition his mind became extraordinarily perceptive, so that (he was speaking in the Russell) "I could hear a bird singing in the middle of St. Stephen's Green".

I do not know the reaction of last night's audience, but I do know that this variation on yoga has attracted quite a following in London.

The Key to the Treasure-House of the Mind

Is "The Method of Deep Meditation" the road to a better mental hygiene ?

The Indian Philosopher, Maharishi Mahesh Yogi, is today raising a world-wide movement. Two times, in his travels round the world, he has visited Norway, last time in September, when he lectured at the University in Oslo.

His programme briefly told, is spiritual regeneration through deep meditation. If only one tenth of the world's population were meditating regularly a few minutes each day, the tension in the world would disappear and war would be impossible for centuries, he says. Great words, indeed, which of course are provoking scepticism. But the experiences so far indicate that his system of deep meditation has a great mental hygienic value, anyway. In Oslo, Spiritual Regeneration Movement for Norway is established, and has already 85 members, and two schools are being run. Local Centres in other parts of the country are in Trondheim, where a meeting will be arranged in the House of

ADRESSEAVISEN,
TRONDHEIM
NORWAY, NOVEMBER 24, 1962

Commercial Society, Tuesday evening.

Maharishi Mahesh Yogi really is regarded as one of the Holy Men of India, one of those who, while the intellectuals of the West concentrated on controlling the outer, physical forces in Nature, contemplated on the inmost of the soul. However, he is an intellectual himself, taking degrees in both mathematics and physics, but later on he devoted himself to philosophy and studied ancient Indian scriptures. After having met the greatly honoured Saint, Swami Brahmananda Saraswati, who became his teacher, he went to the cloisters in Uttar Kashi, the valley of holy men. Here he found the peace of the soul he had been seeking for and worked out a method that kept the mind in balance without those physical Yoga-exercises.

The system is so simple that many, interested in Yoga, have regarded it quite with scepticism, but everything indicates that Maharishi Mahesh Yogi has found a method of meditation, more suitable for Western life and habits than the neck-breaking, ordinary Yoga. This may be the explanation why his travels with his message to men have reached all over the world. Since he went out in 1959, he has established centers in 22 countries, and more than 200,000 people in Europe are now practising his system of deep meditation. What is it then ?

Maharishi himself put it this way: Man is not born to suffer. Peace and happiness can be reached by self research, by fathoming the treasure house, the reserve everybody has within him. Man has to get the key to this treasure house and know how to spend the treasure. Then you get peace of mind, release from tensions and joy of life and spiritual health. It is this state Christ names "Heaven within yourself", and Buddha names "Nirvana" the god-like liberty.

Maharishi Mahesh himself calls the method "deep meditation". What we regard as meditation is concentration or contemplation, but the 'deep meditation' of the Indian Philosopher requires no pre-knowledge. It is free from occultism, spiritism, hypnosis and auto-suggestion. Nor is any change in the habits and rythm of the day required. All that is needed are a few minutes of meditation each morning and evening. However, you are not to be delivered "the key to the treasure-house of mind" instantly. Regular instruction is required, that is why schools are established and teachers educated. There were 60 persons taking part in the course, from 17 different countries in India in 1960. Among them were 5 Norwegians, and two of them were appointed teachers.

In Oslo, plans have been made for establishing a center of Meditation, where the busy people of the everyday may call. Next to a lecture-room and administration offices for the Movement, it is to contain 84 small rooms for meditation. Centers of this kind are being established in Europe and America.

A merchant in Trondheim, having interest in the matter, is heading the arrangement in this town. He has visited India himself, and has been practising ordinary yoga for three years. He tells he was sceptic about the method of Maharishi, because it was strikingly simple. But now, after having tried the system for just a short while, he has become positively convinced.

The merchant refers to the fact that a personality like Professor Harald Scheldrup has taken interest in Maharishi's meditation.

Says Professor Scheldrup :

"I do not know Maharishi Mahesh personally, and have not myself been able to check the very positive information I have got about his educational background and his position in India. But I have had occasion in some cases to study some of the effects of this special method of meditation he has found. The theoretic formulation in connection with the ancient Indian philosophy may seem strange, and the method itself, is in its principle so simple that, in advance, you are disposed to be very sceptic. However, the results I have found are really surprising and of such great psychological interest, that this system of meditation deserves a closer research".

The Swedish doctor S. Ahstrom, psychiater at Langbro Sjukhus (a hospital) in Stockholm, has tried the method himself for 6 months, according to the indications from the school, and he pronounces that in his opinion, "deep meditation" may have great importance from a mental hygienic point of view. Correctly practised, in many cases, it surely will prevent neurotic diseases. Whatever is to be said about Maharishi's philosophy and method of meditation, it seems clear that it certainly has a value in this restless and hectic age of ours. Anyway nobody will suffer from diving in and giving his inner self some rest and a chance to expand in liberty. If this is the road, then the movement undoubtedly has a mission in the struggle against the widespread modern people's disease, named stress.

Members of Parliament Take to Meditation

THE SUNDAY STANDARD,

NEW DELHI

MARCH 3, 1963

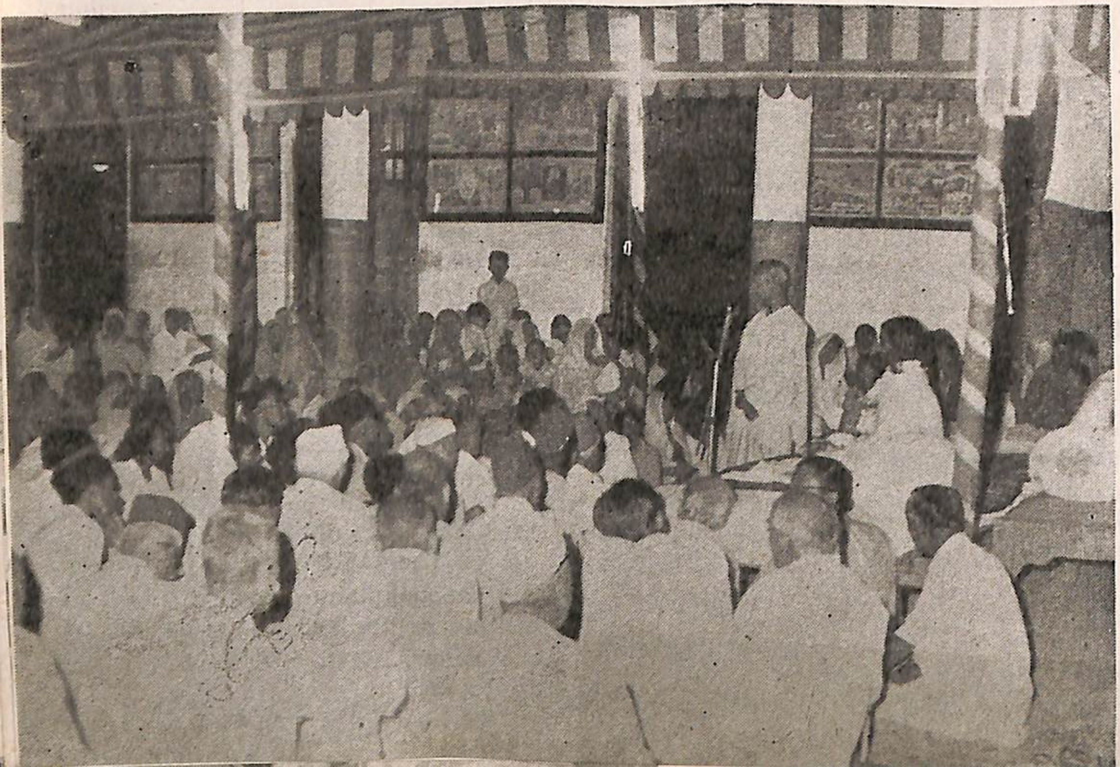
New Delhi March 3—Some Ministers and Members of Parliament laid off their parliamentary work for a few minutes today to "meditate" and hear Maharishi Mahesh Yogi's exposition on meditation.

The Planning Minister, Mr. G. L. Nanda, presided over the meeting which was held in a room in Parliament House.

Maharishi Mahesh Yogi, expounded his system of meditation whereby any man might turn his mind within himself and "tap the source of unlimited energy, happiness and creative intelligence".

The Maharishi wanted a national plan to start a net-work of meditation centres in the country.

Mahesh Yogi at Geeta Mandir



NAGPUR TIMES,

INDIA

MARCH 24, 1963

NO CAUSE FOR ANY GRIEF IN THIS LIFE

(By our Press Reporter)

"The mistake is in our approach to Meditation, and not in the Meditation itself", said Mahesh Yogi, addressing a public meeting organised by the 'Adhyatmik Punruthan Andolan Samiti' at the Geeta Mandir this evening.

Mahesh Yogi has been thrice around the world with his message of 'Dhyana', and has succeeded in opening centres in many parts of the world.

He held that there was no cause for grief or frustration in this life, and that like the fish in water which has only to open its mouth and drink water whenever it is thirsty man has all the ingredients of happiness within his being and has only to reach for them.

MIND

He said that 'Mind' is not agitated by itself, and by nature it is tranquil and peaceful like the bee which flies around only in search of a flower on which it can sit and rest. The mind is naturally seeking joy, and whenever this joy is found, the mind will rove no more.

He said it was wrong to think that renunciation of worldly life alone led to God. He added that the frustration in this country owed its existence largely to this mistake, and that 'joy' in meditation is not merely the result of renunciation, but diving into the inner chambers of bliss within.

He said that he had advised some college boys, who loved to see cinema shows, to spend some time in creating bliss within the mind so that they may enjoy these shows better.

MEDITATION TONES UP NERVOUS SYSTEM

THE NAGPUR TIMES,
INDIA

MARCH 25, 1963

Mahesh Yogi at Press Conference in Kamptee

"It is said that during meditation as the mind goes deeper into the subtler phases of thought, the breath becomes reduced in its amplitude, which reduces the production of carbon dioxide in the plasma, directly resulting in the reduction of acidity bringing about quite a great amount of change in the blood chemistry, this results in normalizing the function of the entire nervous system", said Maharishi Mahesh Yogi, who was addressing a Press Conference at Kamptee, this morning.

"Within the last four years the Spiritual Regeneration Movement has spread the message of meditation in more than 25 countries where in every big town, there is a meditation centre now. More than 200,000 people are meditating daily and enjoying a tension-free life." Mahesh Yogi said.

IN INDIA

He further said that in India



the movement has been concentrated in the States of Punjab and Assam for the present, in which 200 intelligent and devoted workers are carrying on the movement. The headquarters of this 'Spiritual Regeneration' Movement are in Shankaracharya Nagar in Rishikesh. He said that research scholars in the field of physiology, neurology and in the psyche have been invited to conduct experiments to determine the change in the physiology of a meditating man.

Mahesh Yogi is at present touring Vidarbha for a few days, where he will open meditation centres, and make arrangements for the propagation of this system throughout the Vidarbha region.

Speaking about his method, he said "It is easy for everyone for the simple reason that every one's mind is always anxious to go to the realm of absolute bliss, which lies in the innermost core of his heart. Everyone's 'atman' is Satchidananda and that is why the mind is always seeking for greater happiness, and finds it easy to turn within and experiences this bliss of the soul".

MEDITATION BRINGS HAPPINESS

THE HITAVADA, INDIA

MARCH 25, 1963

FROM A STAFF REPORTER

Maharishi Mahesh Yogiji, the noted Savant said at Kamptee today that mankind could achieve happiness only through meditation and concentration of the mind. He was speaking to pressmen this morning at the residence of Seth Ramkrishna Ramnath Loiya.

The Yogiji said that even if five per cent of the population practised meditation many of the daily miseries could be eliminated. Meditation he said purified the mind and helped in securing happiness.

Maharishi Mahesh Yogiji is the Founder of the Spiritual Regeneration Movement, which has its headquarters at Shankaracharya Nagar near Rishikesh. So far 150 Meditation Centres have been established in 25 countries, the Yogiji said. It was intended to increase the training centres in different parts of the world and for that the Yogiji is presently on a tour. He will go to Akola from here and next month visit Wardha. This is the first tour of the Yogiji in Vidarbha.

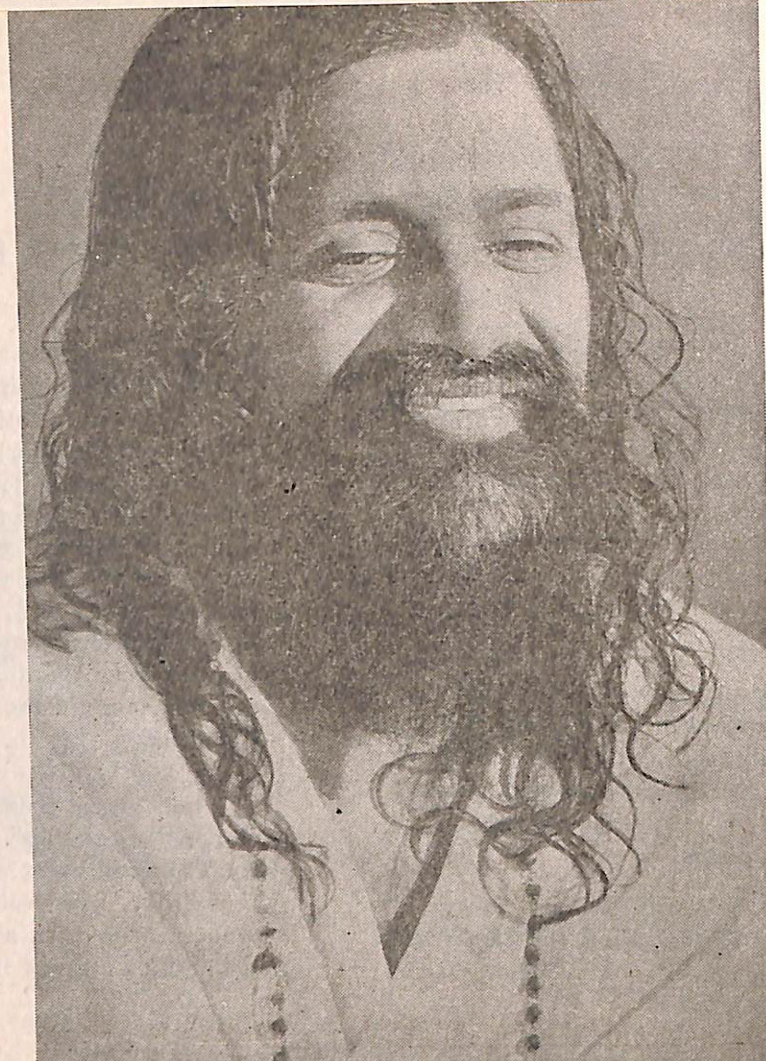
The Yogiji said that he proposed to establish a Meditation Centre in every city with a University. This will help the young men to learn and practise meditation. It was not difficult to practise meditation while leading a family life, the Yogiji said.

Replying to a question, the Yogiji said that he intends to visit Norway in July next. In September the Yogiji will be visiting Canada. During his visit he will participate in the special conventions of the Meditation Training Centres in those countries.

In reply to another question, Maharishi Mahesh said that the response he received here was encouraging and many had enlisted their names to join the Meditation Centre when opened here.

THE STATESMAN,
DELHI

APRIL 9, 1963



Learn to Think and Banish Worry

Deep Meditation is the Secret

[By A Staff Reporter]

Maharishi Mahesh Yogi has a remedy for the troubled mind, the mind that suffers from a sense of insecurity, fear and worry, nagging doubt. The way he suggests to release the mind from all these strains is simple—deep meditation.

And his type of meditation is devoid of mystic trappings. He gives it a scientific bias. This is probably what makes his prescription so acceptable, irresistibly so, in point of fact, as thousands in Britain, Germany, Sweden, the U.S.A., Canada and Italy will testify. His method works and that is why meditation centres are proliferating wherever he has been. Anyone can learn to meditate, the Maharishi says, and he is willing to help.

In the three years since he left his Himalayan hermitage to help troubled humanity regain its composure, its peace of mind, the Maharishi has girdled the globe thrice. He has opened centres for meditation every-

where, leaving them in the care of local meditation guides trained by him. There are 700 such trained guides all over the world today.

Maharishi Mahesh Yogi talks gently, with conviction—like a scientist. He sits cross-legged on a settee covered with a white silken spread, a few rose petals strewn here and there. His long black hair falls over his shoulders. A speck of white stands out in his beard. His eyes reflect humanity, a calm serenity. Near by on the floor sits Brahmachari Devendra, a barrister, who joined the Maharishi on his first visit to London in 1960.

SCIENTIFIC BIAS

The Maharishi ascribes the success of the Spiritual Regeneration Movement to its scientific bias. By stripping meditation of its mystic aura and by imparting to it the authority of science (he is a science graduate of Allahabad University) he has given it universal appeal. Spirituality, he says, has been shrouded in mysticism. He seeks to put it in scientific perspective.

The Maharishi emphasizes the value of "taking the mind inwards." As one does so, the gap between the conscious and the sub-conscious narrows until it vanishes, revealing unfathomed corners of the mind, unfolding the latent faculties of each individual. Deep meditation expands the conscious mind. He compares the conscious mind to the ocean waves and says that when the waves make contact with the deeper levels of water they become more powerful. The pivotal point, he says, is to make the sub-conscious area of the mind conscious. This is done by consciously experiencing the thought in its infant state in the sub-conscious itself. The results are immediate—the mind feels relieved of mental fatigue and tension, and clarity of thought comes about.

READY RESPONSE

The Maharishi's perigrinations are in fulfilment of a vow which he took three years ago to go round the world during the next nine years to win adherents for meditation. The first trip round the world found ready response for the move in Europe and America. In Britain people flocked to his centre and on his third trip to that country early this year he was gratified to notice the widespread interest in meditation. People there were thinking in terms of having a number of sound-proof meditation centres.

In India too the movement has attracted much attention. Plans are afoot to expand the Academy of Meditation at Rishikesh. In Delhi last month the Maharishi trained some 1,500 people, including Ministers and MPs, in the art of deep meditation.

DEEP

"Deep meditation" was the thing for us we decided on Tuesday morning after reading a colleague's report on Maharishi Mahesh Yogi and his plan to put the world to rights. So off we went to see the Maharishi at 3, Ferozeshah Road where he is staying. We removed our shoes and were conducted to his presence.

The Maharishi, sitting on his bed with a dahlia in his hand, replied to our cross-examination with the greatest of good humour.

Although he does not think much of Western psychology ("It's crude and does a lot of damage by reviving past unhappiness") he has several psychological coups to his credit. At the top of the list we place the plan he used to establish himself in London. He simply put an advertisement in "The Times" announcing that he was in London and the nature of his business there. The response was gratifying.

The Maharishi does not damn the materialism of the West, does not suggest that money places a man beyond the riches of "deep meditation". In fact, the Maharishi has a lot of time for top people everywhere. Top people are worried people, people who are under pressure. "Deep meditation" irons out their troubles, makes them happy.

"Deep meditation" is not, however, intended solely for the rich. Anyone can benefit from it and the method can be explained in terms which can be understood even by the ignorant and the illiterate. If the Maharishi's plans are successful, all of us (including the Chinese) will be reaping the benefits of "deep meditation"—love, happiness and universal peace—by the end of his third three-year plan. The first three-year plan was devoted, by and large, to establishing the movement abroad; the second which has just started, will be a domestic affair.

The Statesman

DELHI, APRIL 13, 1963

Finally we popped the sixty-four-thousand-dollar question. What is "deep meditation ?" Was it a form of prayer, or self-examination, or a tremendous concentration of thought ? It was none of these things, said, the Maharishi. "You must not concentrate because concentration brings tension. Concentration is a static process; deep meditation is a dynamic process taking the mind from the grosser to subtler planes of thought". He added that the fast tempo of life was not responsible for tension, which was caused by "non-contact with the inner chamber of peace".

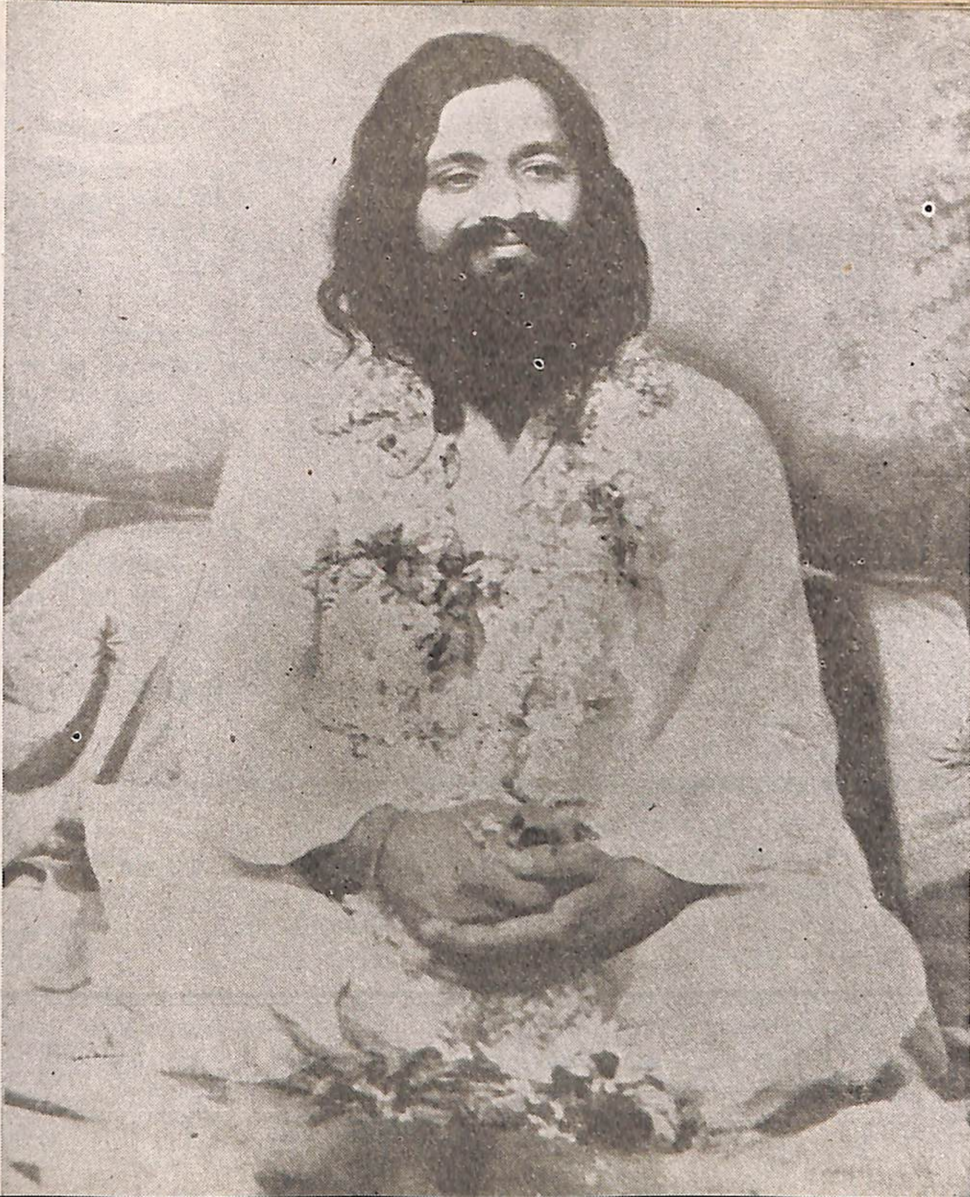
All disease, all pain was attributable to weakness, to the fact that the mind was not happy.

What about pain from external sources ?

"Yes, even pain from external sources", was the reply.

How about a man hit on the head by a golf ball ? we asked.

The Maharishi chuckled. "That could be punishment for past sins, caused by unhappiness", he said.



KASHMIR POST

KASHMIR, INDIA, APRIL 25, 1963

A YOGI EXPOUNDS DEEP MEDITATION

Srinagar:—Social life, it is said, can be made happier through the development of the individual as a means to national harmony and international peace. For this evèry individual is to be provided with a technique of enlarging his mind, a technique of enabling him to use his full mind.

How to attain that? The answer is provided by Maharishi Mahesh Yogi, at present in the town. He believes that every mind can be remedied from a sense of fear, worry, doubt and insecurity. This can be attained by "deep meditation".

Maharishi Mahesh Yogi's type of meditation has no mystic aura about it. He imparts to it scientific authority and has given it a scientific appeal. His method is a simple and easily adopted technique. It requires no physical exercise or change in diet. It can be practised by everyone and the Maharishi is willing to help.

According to him all diseases of a psychosomatic origin are cured through meditation. When depth is reached in meditation, the breath becomes reduced in its amplitude obviously resulting in lesser production of carbon dioxide in the plasma causing reduction of acidity, which naturally produces a change in blood chemistry. It also results in a change in metabolism, causing change in the functional capacity of different systems of the body.

Maharishi's system of meditation has yielded amazing results. One of the remarkable physiological effects of this system is to brighten the face of the meditator and produce a more lively appearance. The rejuvenating effect is to be accounted for, through experiments, for either change in temperature, reflectance, release of tensions, revitalisation of cells, change in blood chemistry or smoother flow of blood.

Maharishi has an Academy of Meditation at Rishikesh. In March he trained some 1500 people, including Ministers and MPs. He hopes that deep meditation will become part of every body's day-to-day life.

He has journeyed from continent to continent giving his system to all those who sought it. Today his system stands testified by thousands who have adopted it. The Maharishi has travelled three times round the world and has given lectures at UNESCO in Paris, at the Universities of California, Oxford and Cambridge. He will impart his method in Srinagar tomorrow also.

MAHARISHI ADDRESSING A LARGE AUDIENCE IN INDIA



THE ASSAM TRIBUNE

INDIA, GAUHATI, MAY 8, 1963

SPIRITUAL VALUE OF DEEP MEDITATION

Maharishi Mahesh Yogi, founder of the Spiritual Regeneration Movement, told a Press Conference here yesterday that the Movement aims at the spiritual regeneration of mankind through a simple system of transcendental deep meditation which "directly takes the conscious mind through the finer realms of the thoughts to the transcendental consciousness of the absolute being".

The Maharishi visited a number of countries in America and Europe and opened centres for meditation which, he said, was both simple and easy to practice. Results were quickly gained. Even cancer patients had relief from his prescription of "deep meditation". According to him this "deep meditation" fills the mind with energy, creative intelligence, peace and happiness, which are boon to man in every sphere of activity and in his private life.

He is not opposed to materialism. He thinks that this is a

gift of science and man must enjoy it. What he emphasizes is that man must use it to make himself happy. Mentally worried people will always have great relief. "If the individual mind keeps contact with the cosmic mind, then it becomes much more powerful and effective in thought and action". He explained cosmic life as the Absolute Being which is the basis of individual life. And the Absolute Being is the source of thought, thought being the product of the mind. Suffering in the world was due to the mind being always in the relative field. He said, spiritual regeneration will eliminate suffering of man.

The Movement was inaugurated by the Chief Minister, Sri B. P. Chaliha at the Dev Kumar Das Memorial Hall on May 4. Sri Chaliha, in the course of his speech, said that material development was not enough to improve the society.

Sri Mohendra Mohan Chowdhury, Speaker of the Assam Assembly, who presided over the meeting said that the Maharishi's coming to the State was most timely. Passing through a state of tension as she was, Assam wanted some spiritual message to strengthen herself and to bring self-confidence.

The Maharishi will visit Gauhati, Nowgong, Jorhat and Dibrugarh where he will propagate his method and initiate people into it.



Indian Mystic Passes on Wisdom of the Ages

THE DAILY COLONIST

CANADA, BC., SEPTEMBER 20, 1963

A man from the Himalayas has come to Parksville.

Many have never seen his like before. He has the deep, mysterious eyes of a mystic, and he is reputed to be the greatest living saint in India today.

His name is Maharishi.

He sits in his room at the Island Hall Hotel where he can see an arc of sand and sea and the islands of Texada and Lasqueti rising blue in the sky.

But he doesn't look out of the window much. He talks to

BY EILEEN LEAROYD

those who knock at his door, and once a day he leaves his room to speak in the lecture hall across the lawn. He speaks on deep meditation, the evolution of the soul and the riddle of maya.



His listeners have come here for two weeks to hear the ancient wisdom that has been passed down from Master to Master in Asia for innumerable centuries.

One hundred and fifty people from all parts of the world followed him here. They come from Japan, Hawaii, Germany, New York, Australia, Montreal, Los Angeles and Duncan and Regina. They are architects, geologists, housewives, students, actresses, health-faddists, millionaires and those of modest means. They are 18 to 88 years.

The women from Hawaii brought a bower of fragrant leis with them.

The people are interesting, but beside the man from India they pale to shadows.

One feels the force beyond the soft voice, for it carries the kind of authority that only comes from the direct experience of a thing.

Like the Rishis of old, he has spent 13 years in meditation in the austere fasts of the Himalayas. Now he has come "out" to help humanity with a method of meditation formerly kept among the inmates of an ashram.

The soft voice says, "Our real ability is infinite. Meditation transcends thinking, it takes us consciously to levels beyond thinking where we now have the ability to use finer, more subtle faculties of experience.

"You cannot shoot the tiger of the waking state with the rifle of the dreaming state".

He speaks of the personal and impersonal aspects of God. "God appears to be changing, but is Absolute, never changing. As hydrogen and oxygen become water, then ice—creation is like a change of qualities. This is the unity of life".

Maharishi likes to laugh with his listeners, but when he speaks seriously he is the Guru, the teacher, who imparts his light and knowledge, and then he dominates the room.

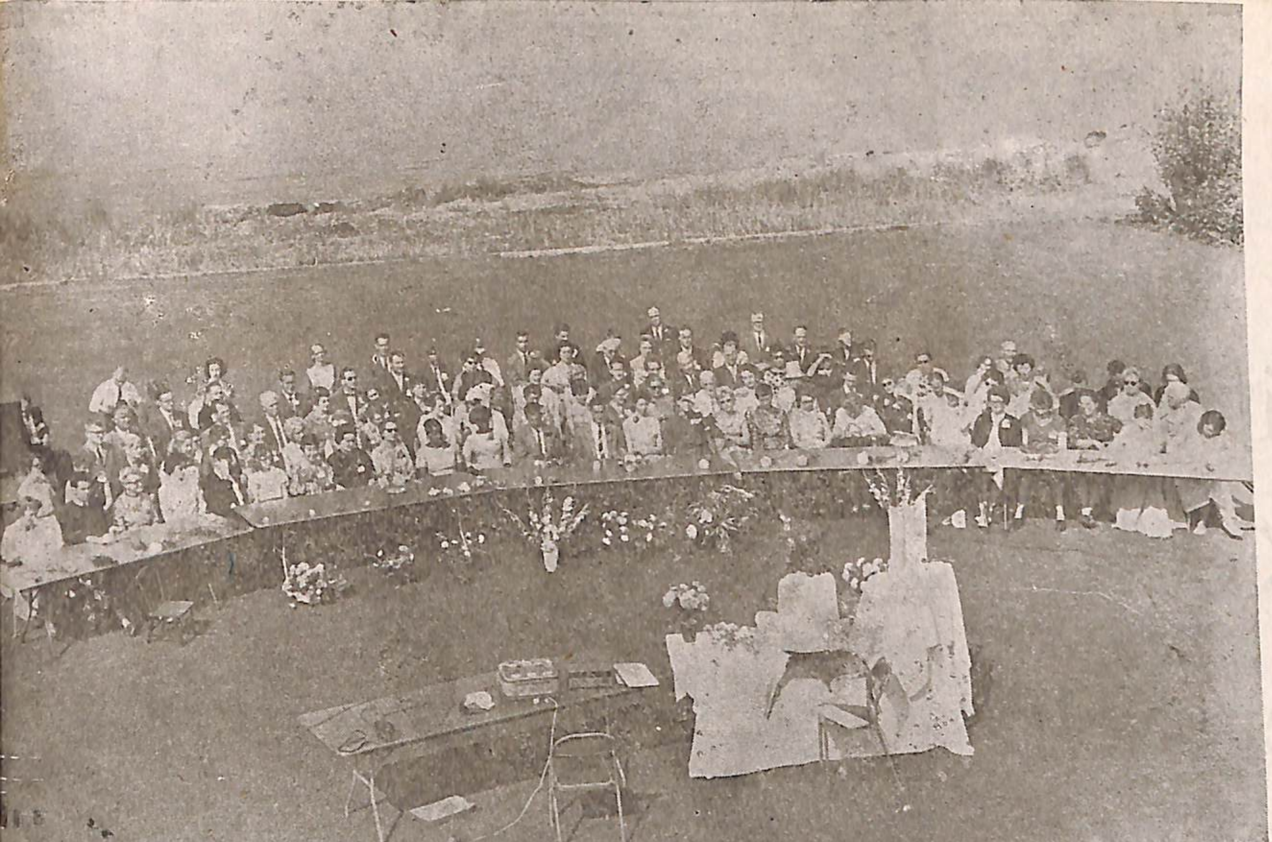
Sometimes he seems the lonely recluse that he is. He looks lonelier than anyone we have ever met—perhaps because he knows how little we understand of what he says.

As he said one day, "God watches us at play, with our toys".

Great saint or extraordinary man, he lives the life he talks about.

That's why everyone listens.

Maharishi will speak in the Crystal ballroom of the Empress Hotel, Monday at 8 p.m., then returns to India via Europe.



Indian Saint Delivers Message

Meditation Key to Inner Self

CALGARY HERALD

CANADA, SEPTEMBER 23, 1963

From the Himalayan foot-hills, Maharishi, whose followers consider him "the greatest living saint in India", brought his message Tuesday night to the foot-hills of Calgary.

"Through deep meditation, man's mind can seek the inner spheres of his own personality and find the kingdom of heaven within", he says.

With his black, shoulder-length hair, beard and white robe, he is the traditional figure of the Indian mystic.

A rosary of 108 beads, each representing a prayer, hangs about his neck. Attached to the rosary is a "picture of my master who left his body 10 years ago."

In his hotel room, he assumes a familiar, cross-legged position on a deer skin on his bed.

Thick perfume from dozens of flowers fills the room. In his hand he holds a rose.

NO MYSTIC

"But I'm not a mystic", he says, in excellent but hardly audible English.

"There is no mysticism in my message. It is a purely scientific way of exploring the glories of inner life through meditation.

"Anyone can understand and practise it. It's simply a matter of thinking in terms of the subtle states of thought which are more charming than gross states of thought.

"This increasing charm draws the mind because by its very nature the mind goes to the area of greater happiness.

ONE WORD

"For every man there is one specific word—a word which has the vibration to set loose all his tensions and clear his mind".

Because of time limitations, he has devised a questionnaire and from the answers, decides on the word which suits "each person's level of intelligence".

"Having grasped the practice of meditating on the word—not its meaning, since meaning is static—they meditate morning and evening on that word.

"From the first day, they begin to feel free from worries and anxieties".

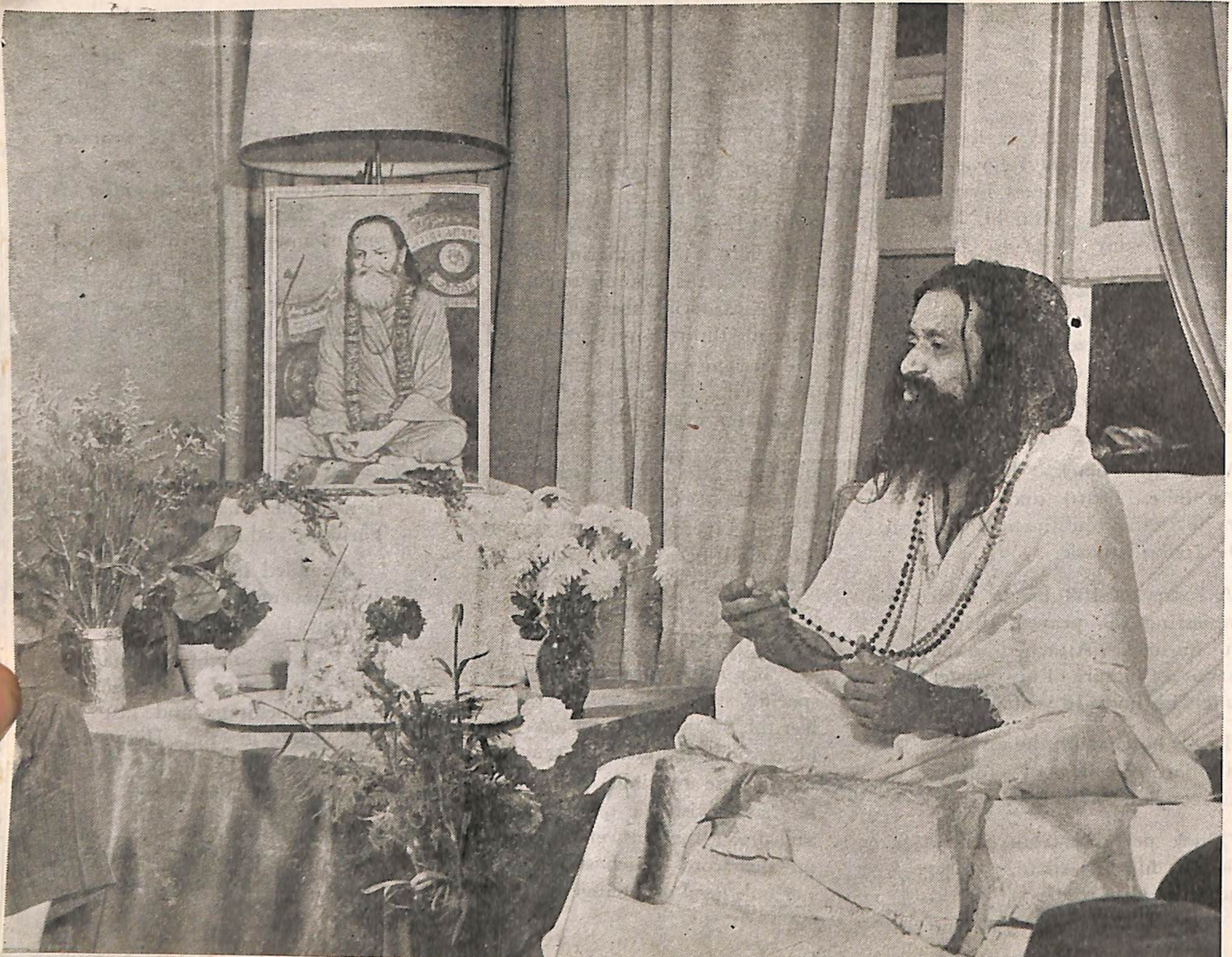
With the release of tensions, body cells are rejuvenated, and people begin to look years younger, he says.

"And with spiritual regeneration comes happiness, peace, harmony and intelligence".

Founded in 1958, this spiritual movement now has 50,000 disciples in 23 countries, he says.

Tuesday night, Maharishi, who renounced his academic life to meditate and fast for 13 years in the Himalayas, addressed a gathering in the auditorium's social room.

He will make stops at other Canadian cities before flying to India via Europe.



...IT'S FOR YOU

During an interview by a Herald reporter with an Indian holy man, Maharishi, in his hotel room, Tuesday night, the 'phone rang.

The Maharishi made a gesture for the reporter to answer the 'phone.

The reporter hesitated, not understanding why the Maharishi wanted him to pick up the receiver.

Maharishi smiled, lifted the receiver and handed it to the reporter without listening or speaking over it.

The call was from a local TV announcer—not for Maharishi, but for the reporter.

CALGARY HERALD

CANADA, SEPTEMBER 23, 1963

DAILY COLONIST, VIC., CANADA SEPTEMBER 23, 1963

MAHARISHI SPEAKS AT EMPRESS HOTEL

PUBLIC LECTURE

A GREAT

Indian Master has one night in Victoria. Founder of the world-wide SRM, he flies back to the Himalayas this week via Europe.

He speaks on Deep Meditation, key to unfoldment of latent power of the mind, and the evolution of the human spirit. The glory of each man flowers with this unique system of meditation.

Often called the "light and hope of the age", Maharishi teaches contact of the Inner Being as handed down from Master to Master for 5,000 years.



HUNDREDS HEAR INDIAN MYSTIC

Loudspeakers had to be set up in the lobby of the Empress Hotel last night as a large crowd turned out to hear Maharishi, an Indian mystic from the Himalayas.

More than 600 people crowded into the hotel and some were turned away. The mystic, who spent some time at Parksville before coming to Victoria, will return to India via Europe shortly.

DAILY COLONIST

VICTORIA, CANADA,

SEPTEMBER 24, 1963

TOPIC: DEEP MEDITATION IN CANADA

THE ALBERTAN

CALGARY, ALBERTA

SEPTEMBER 25, 1963



The man with the service-club pin and the well-dressed woman halted at the door.

You don't wear shoes before a saint.

"His Holiness" was seated on the motel bed.

Maharishi Mahesh Yogi, founder of the Spiritual Regeneration Movement, sat cross-legged on a deer skin amidst a pile of newly-delivered flowers.

He wore a white robe, a long string of small red beads and the long shoulder-length dark hair was greying around the chin. He regarded the press with glowing dark eyes behind which seemed to lurk hidden amusement.

The well-dressed woman rushed in with a small table. "Somebody donated a coffee table, Master", she said, "There was none in the hotel".

The Maharishi doesn't worry about finances. "If I did", he explained, "I would begin to look down on the poor man". His followers, "thousands" in India, 1,000 in Canada, 116 in Calgary, supply the cash backing.

Tuesday night, the great Saint of India spoke at the Jubilee Auditorium.

He came to bring peace of mind, self realization, better behaviour, more understanding, happiness and harmony, and unfold latent talents—through a simple system of meditation.

"Thought arises from the deepest level of consciousness," he said in quiet lyrical tones, "as the bubbles rise from the sea and explode.

"Our thinking is so shallow, it is always on the surface of the sea of the mind."

The flowers he holds is the symbol of his message. "It invites every man to enjoy its outer beauty and inner honey."

Every man, he says, has a "word" which is his revealing characteristic. It is born with him and dies with him.

The Maharishi can find that word.

He examines a simple questionaire (name, address, state of health) given to those who wish to be initiated and finds the word-vibration to correspond with the vibration of the man who filled in the form.

It does not matter who or what the applicant is. Religion does not matter. The Maharishi is concerned only with raising the standard of humanity.

He has taught 60 other persons this power and they with 1,300 lecturers, spread the word.

Personal questions are lost on him. (How old are you? "We don't go by age." What area did you begin your work in India?—"Big cities.")

The "light and hope of this age," as his followers call him, speaks fluent English. He misses a question. "I didn't get you," he says.

Before coming here, he spent two weeks near Vancouver training 110 would-be teachers. "All have come out regenerated."

After leaving Calgary, he will continue east to Ottawa, Iceland, Europe and eventually the Himalayas. "I will go to Russia," he says, "when the government invites me."





McGILL-DAILY

CANADA, SEPTEMBER 30, 1963

Himalayan Hindu to Talk on Transcendental Bliss

Hindu mystic Maharishi Mahesh Yogi will give a lecture on transcendentalism and mysticism tonight at 8.30 p.m. in the Physical Sciences Centre Auditorium.

Maharishi Mahesh, reputed to be India's greatest living mystic, is currently on his fifth world tour. This evening's speaker comes from a long line of "Masters of the Shankaracharya heritage".

The founder of this system is said to have had a widespread effect upon the thinking and disposition of the Indian people over 2,500 years ago. By using the age old technique of transcendental deep meditation, Maharishi Mahesh Yogi is making this ancient knowledge accessible to people all over the world.

ILLUSORY EXPERIENCE

He holds out to his audience a state of bliss attainable through an understanding of the "Evolution of the Human Spirit", and the "Riddle of Maya" (the illusion of sensory experience).

In general, Maharishi Mahesh will attempt to explain his belief that, "Meditation transcends thinking, taking us consciously to levels beyond thinking, where we have the ability to use finer, more subtle faculties of experience". He is convinced that, "the human nervous system is so perfect that man has the potential to rise to a much more powerful life than he is living at present".



LE MONDE

PARIS, OCTOBER 6, 1962

THUS SPOKE THE MAHARISHI . . .

At the Palace of Unesco, Paris

Yoga must not be confused with fakirism, and those with a taste for hypnotism will have been disappointed on Thursday evening at the Palace of UNESCO. It was, in fact, a very serious lecture that was given there by Maharishi Mahesh Yogi, founder of the Spiritual Regeneration Movement.

There was certainly something exotic about the personage, a thin silhouette draped in white, long hair and black beard, who made a striking entrance, his arms laden with roses like a faithful subject of the Pandit. He acquired his title, which means "great seer' or "great sage", through austere retirement in the Valley of the Rishis, at the source of the Ganges, where he meditated in solitude for thirteen years. Since then he travels about the world teaching his principles of spiritual meditation.

After chanting some incantations into the microphone, the Maharishi, with lowered eyes, began his lecture on Thursday evening with these simple words : "I believe that I have found a solution to all the problems of the world at the present time and for several centuries past". In a high pitched voice and in an English alternately concentrated, pleading, relaxed, the yogi spoke insistently of the joy and the deep peace that his teaching distils. He preaches neither a philosophy nor a religion, but a technique accessible to all which will bring relaxation to our tensed civilisation.

Contrary to the adage "If you want peace, prepare for war", Maharishi thinks that if we want peace we must prepare for it by meditation and that if only a tenth of the adult population of the earth took to meditation there would never be any more war.

SPIRITUAL REGENERATION MOVEMENT

ETHNOS

ATHENS · DAILY NEWSPAPER

ATHENS, GREECE, NOV. 6, 1962

The "Yoga" of the Socialite Man has come to Greece

A plunge to the bottom of the human soul

Would you like to become a "yogi"? If you really wish it, don't imagine that you have to travel to far-away India in order to be initiated to the mysteries of this original philosophy. Some time ago, a Society was founded in Athens under the name of "Spiritual Regeneration Movement of Greece", with the aspiration to disseminate among the Greeks the principles and the system of Deep Meditation, one of the many forms of "yoga". The system was originated by Indian "yogi" Maharishi Mahesh, who had visited Athens in the summer of 1961.

According to the Greek "yogi" Mr. Dem. Chronis, who heads this Movement, Deep Meditation has nothing to do with the "yoga" practised by fakirs. This means that one does not have to go through contortions of one's body, to completely loosen one's joints, or to stay for hours with head resting on the floor and feet high up in the air. Further, one does not have to submit one's body to hardships, to long fasts or other trials in order to achieve one's purpose. That type of yoga is for the ascetics, the "anahorists" in the mountain plateaus of Central Asia, who aim at securing eternal serenity and harmony, a serenity

A "YOGI"—FAKIR.
BUT DON'T BE ALARMED...



which is achieved by the complete eradication of all earthly desires.

"We are interested in the "yoga" of the ordinary man—the head of the family, the socialite man, the man and woman of the middle class. Strange as this may seem, we now have at our disposal a very simple, very easy and painless system, thanks to Maharishi Mahesh Yogi. As every other "yoga", this system is based on the reduction of material sensations, the casting away of every conscious thought, in order to bring forth the superhuman qualities concealed under our material set-up. The "key" to this treasure consists of a few simple small words the "mantras", as the Indians call them. When these words are mentally repeated several times, they have the power to emit a particular frequency of vibrations which gradually separate man from his material set-up and help him to discover the treasures hidden in the innermost part of his soul. This leads to the fulfilment of the union of our spiritual self with the Divine. Through constant practice our consciousness soaks in the ocean of the Creative Power and acquires gradually all its highest properties—power of thought, harmony, prosperity, serenity, health. This very simple system offers us the possibility to approach what every cultured man dreams about—perfection.

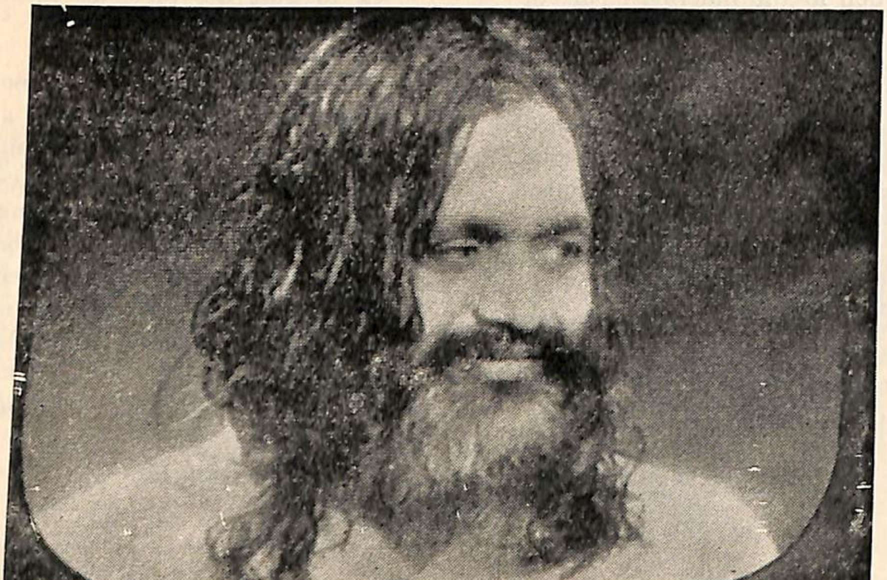
Maharishi contends that today's thought follows a horizontal, superficial, motion. In contrast to this, he says, the deep meditation system attempts a vertical plunge in the psychic world, just like the diver who descends to the bottom of the sea to pick the precious corals and bring them to the surface.

However, in order to become such a "diver" one requires a certain instruction. It is for this reason that the "Spiritual Regeneration Movement", having been officially recognized by the Athens' Court of Justice, decided to organize, shortly, a series of seven lectures, possibly at the "Parnassos" Hall. Those who will attend them will, later on, be in a position to apply themselves to deep meditation.

OBSERVER

LONDON, MARCH 17, 1963

A HINDU HERMIT IN PONT STREET



The other day an odd little poster bobbed up in many London tubes: "Deep Meditation. Appeal for funds to build a sound-proof meditation centre in London. Spiritual Regeneration Movement Foundation of Great Britain".

The S.R.M. and its sound-proof meditation centre are, in fact, no spoof. One of the trustees is a millionaire antique dealer called Henry Nyburg. One of the most dedicated meditators is Elizabeth Jane

Howard, the author. And the 5,000 - 6,000 members, including several well-known artists, writers and even politicians (who would rather their names weren't disclosed), have raised a fair proportion of their 100,000 pounds sterling for the centre.

The movement's origins are, to say the least of it, unusual. Three years ago a Hindu hermit from the Himalayas, called Maharishi Mahesh Yogi, took a flat in Pont Street and put an advertisement in *The Times* simply saying that he had arrived. He met Nyburg and the rest of the leading meditators, and with their contributions—a week's salary is the ordinary donation—they bought the lease of a terrace house near Regent's Park.

What emerged was not a religious sect, as it is normally understood, but a movement for teaching people a technique of deep meditation practised in the Himalayas.

ON THE GANGES

Meanwhile the Maharishi had spread his gospel in other countries, and centres for teaching deep meditation sprang up all over the world. Germany by now has 5,000 members, Norway 3,000, and so on. While in India a huge camp of meditation huts is being built at Rishikesh on the banks of the Ganges. S.R.M. is naturally strongest in India. Recently the Maharishi addressed both Houses of Parliament.

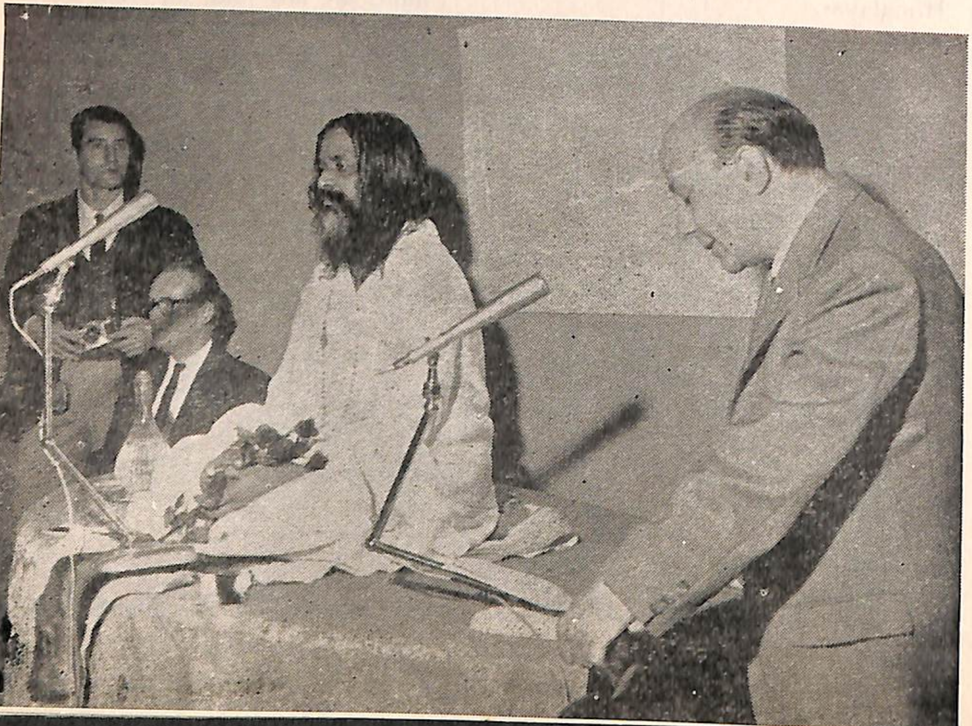
For beginners, deep meditation demands absolute silence. So now a chain of sound-proof meditation centres are to be built, we are told, all over the world. The London one will probably be typical: there'll be 100 small (10 by 4) meditation cells—some with cushions only—a lecture-hall and offices. The meditators think they will build the centre somewhere like Victoria. Anyone will be allowed in, provided he seriously intends to meditate, for half an hour at any hour of the day or night.

GIORNALE

ITALIA, SEPT. 29/30, 1963

MAHARISHI IN ITALY

Dressed in traditional clothes, the Indian Philosopher and Saint, Maharishi Mahesh Yogi, arrived here yesterday for a five days' stay in Italy to hold a series of lectures. He will talk about his own system of Philosophy, derived from Yoga and on the origin of thought, and how to increase intellectual and physical capacities.



According to Maharishi his system would allow perfect relaxation and freedom from the senses.

For this Indian philosopher, it is not a long step from the individual to the masses. This system, already adopted by many, so Maharishi says, would also lead to an international detente.

He was received at the airport by the President of the Academy of Philosophical and Oriental Sciences, the Hon. Prince Alliata of Montereale.

THE STATE RAILWAYS

ATHENS, OCTOBER 26, 1963

DEEP MEDITATION

By Nitsa Papachristopoa

TRANSLATION

Deep meditation is an experience that is based on practice during the course of milleniums. It has been the work of wise noble Indians through many centuries and has become the property of a small number of elects in the East and the West.

Ancient Greek philosophy did not ignore it, and those who applied it were the Pythagorians.

Today's system of deep meditation is introduced by the wise man of the atom age, Maharishi Mahesh Yogi.

Everybody is able to make use of this new discovery in the field of philosophy, and its results are most astounding. Health, bliss, and peace of mind are a contribution to world peace.



Progress and success in life, without heart-breaking agony as well as relief from that atmosphere of nervousness are achieved. Repeatedly plunging into the depths of one's being, one becomes a single being and a single free soul.

It is a redemption and a salvation for every soul.

It is only two years since meditation started and has already been spread all over the world. Europe and America have absorbed it. Now Maharishi Mahesh Yogi, the saint from the Valley of the Himalayas, is in Athens. He is now travelling round the globe. Many have accepted his theories, Kings, and Princes of Wealth. I am hoping this movement will also be embraced by our country. Germany has already instituted fifty centres for meditation, France twenty seven, Canada fourty two etc.

MORGENPOSTENS CHRONICLE

NORWAY, OCTOBER 15, 1963

DEEP MEDITATION

By Dr. Per Lonning, M.P.

Before me I have two small pamphlets, published by "Norges Meditasjons-Forbund, Spiritual Regeneration Movement of Norway". They are concerned with two lectures by Maharishi Mahesh Yogi, who has his headquarters in Rishikesh, in India, but who, apart from that, works for his ideas everywhere in the world. The one lecture, "Deep Meditation", held in Edinburgh in 1960, is followed by a number of questions by the members of the audience, and the Yogi's answers.

The other one, "World Peace and Deep Meditation" is published together with an introduction. Both lectures are translated in the Norwegian by Peter Magnus, and can thus be obtained through approaching the said society.

The first thing which greets us in both the small pamphlets (of about 24, 10 pages), respectively is Maharishi's photograph, which most people may have already noticed in the daily press. The great teacher of meditation has visited our country three times already, and has, both with his charactersistic ancient Indian appearance (long hair and beard, long white robes etc.) and with his sense for modern public relations managed to be taken notice of.

His ability to convince must also be considered. It is supposed that he already has 30,000 disciples in Europe, and of these 2,000 are in the Scandinavian countries. Naturally it is not without a certain sense of curio-



sity that one pounces on a lecture by such a teacher.

The word meditation has, from old, a certain ring also in our part of the world. One can find a historical documentation in for example, Bishop Godal's thesis on this subject: "Meditation and its significance for conviction (Oslo 1947). Luther's words regarding the three things necessary for a theologian are also well known: Meditatio, oratio, (prayer) and tentatio (proving in the school of life). India has a long and rich tradition concerning purposeful inner quest, and it is, therefore, to be expected, that we may have some things to learn from there—without therefore necessarily entering into opposition with our Western Christian inheritance.

What appearance, then, does Maharishi's theory of meditation have ? As contrasted with many other teachers of meditation through the ages, especially with those who have been attached to the life of a recluse or to a monastery (whether it has been in Europe or in Tibet), he does not advocate the way of asceticism and self-denial. It is not through renunciation of one's natural desire for happiness that man finds the way to inner absorption. It is, on the contrary, by acknowledging it. The method must be adjusted to the individual man and, therefore, the individual contact with the teacher of meditation (or with



one of his trained helpers) is necessary. But by and large the method purports to start through some one or other phenomenon in the world of the senses in order to lead the thought from the first coarse image to finer and ever finer subtleties. Through this the consciousness approaches the Cosmic Consciousness, where the original, primary, single image has quite disappeared, and where only the True Universal Being dwells. This way is a happy way. It leads to inner harmony and satisfaction. And from the person, who has found this harmony, there is a radiation which influences the collective world-atmosphere and contributes to universal peace and good-will. On the other hand, the restlessness and tension, which holds sway over people, who have not found the happiness they long for, leads towards a universal storing-up of aggression and enmity.

Suffering and pain is therefore something, which does not exist for the person, who has found expression of his desire for happiness through gaining union with the Cosmic Consciousness. Suffering has, on the whole, no positive function in existence. The need of happiness is the proper guide. The egoism, which causes opposition is a desire for happiness, which has not found its natural expression and, therefore, resorts to substitutes. The radiation from the Cosmic Consciousness is so strong that if only a tenth of mankind learned the way of meditation, peace would be secured in the world.

Maharishi does not claim to represent any new religion, but to teach a spiritual method of training, which can be applied right over boundaries of religions. The question is, however, if such a supposition holds good. For a Christian the problem must, as a matter of course, take the following form: In what sense can (and ought) meditation to be joined to (and deepen) a Christian conviction of faith ?

Maharishi's interpretation of existence differs in essential points from that of Christianity. In answer to the question about the importance, which in Christian circles is laid on the suffering of Christ, he answers, among other things, as follows: "I do not believe that Christ suffered at any time, or that Christ could suffer. The suffering person will, from (his) dwelling in suffering, regard Christ's bliss as suffering. If one looks through green glasses, everything will look green... Those who take suffering into account give a wrong interpretation to Christ's life and message". One does not have to investigate much in order to establish that Maharishi's conception of Christ differs radically from that of the New Testament. A passage like: "My God, my

God, why hast thou forsaken me..." must for him seem utterly without meaning and nothing else.

As I see it, I cannot get away from the opinion, that Maharishi's understanding of the place of struggle, suffering and vexation (or rather lack of place) in human life is rather simplified, whether one compares it with the Christian mystics or with a number of the great sages of the East (e.g. Buddha's).

But because of this one must not draw the conclusion that his technique of meditation may not be a useful mental hygiene, a very successful training for the soul. As such it may certainly have a not unimportant mission in today's stress-ridden society.

If one wants to do meditation, in the deep historical sense of the word, one has indeed to do with a phenomenon of considerably finer nuances than with a considerably more finely graded phenomenon than the one Maharishi presents us with.

True meditation cannot take the short-cut outside subjects such as transitoriness, defeat, death— in its deepest aspect it is simply a means of purification and ennoblement through the meeting of the mind with itself in its protest against the boundaries (barriers) of existence. The other way to "cosmic consciousness" is in reality an escape from life, unless it has courage to allow for its own radical limitation. It is useful as a recipe for a ten minutes' mental-hygienic morning exercise, but not very much more.

A Rose in Love to Dr. Per Lonning

COSMIC CONSCIOUSNESS EXPLAINED

The Oslo newspaper Morgenposten of the 15th Oct. 1963 carried an article by Dr. Theol. Per Lonning. M.P., commenting on Maharishi's pamphlets "Deep Meditation" and "World Peace and Deep Meditation".

When the article was read to Maharishi at the Grand Hotel on *16th Oct.* on his one-day visit to Norway, Maharishi smiled and said: "Even if people start this meditation for its obvious values of mental tranquility, the world will be inhabited by peaceful people anyway. Those, who may doubt the development of Cosmic Consciousness through this meditation, will at least have a peaceful society, free from mental tensions, struggle and strife. Even if all the people in the society are not evolved to Cosmic Consciousness and are not able to make their world completely divine, even then the world of man will exist in love and harmony. If I am able to accomplish even this much I will be satisfied", said Maharishi.

Maharishi explained what Comics Consciousness is, and he said: "Cosmic Consciousness is that state of consciousness, where the quality of the transcendental Being is so fully infused into the nature of the mind, that the state of Being is lived in the day-to-day life, irrespective of the modes of the mind—whether the mind is in the wakeful state of sensory experience or in the dreaming state of illusory experience or the state of complete ignorance in deep sleep —irrespective of any of these modes of the mind—the transcendental consciousness is forever retained by the mind. That is to say, when the mind lives the absolute-bliss-consciousness of the Eternal Being and behaves in the world of relative existence,

it is then said to have gained Cosmic Consciousness.

Consciousness of the wakeful state together with the consciousness of the transcendental Being is the state of Cosmic Consciousness. That is a state of mind, which holds together the value of the absolute and the relative fields of life. The relative field of life is the field of common experience. Every man lives the relative states of consciousness—wakeful, dreaming and deep sleep. What then has one to do in order to cultivate Cosmic Consciousness"? asked Maharishi and he continued: "One has only to become familiar with the transcendental state of consciousness to the extent that one is familiar with the waking, dreaming and deep sleep states of consciousness. It directly follows that if there could be a way to make the mind familiar with the transcendental state of consciousness, then that will be the way of directly developing Cosmic Consciousness. Our system of transcendental meditation is *that* way, which directly takes the mind beyond thinking to the transcendental field of the Being. The mind, during meditation, transcends and arrives at this state of the Being. Coming out of the transcendental state of consciousness, it returns to the wakeful state of consciousness. When this process is repeated, the mind becomes more and more capable of a state of consciousness, which harmonizes and holds together both the transcendental and the wakeful states of consciousness, and when the mind has brought the two states of consciousness in perfect harmony so that the wakeful state of consciousness does not overshadow the transcendental state of consciousness, and vice versa, then is the state of Cosmic Consciousness attained.

People, through the centuries, have been under the impression that Cosmic Consciousness is something that cannot be for any and every man. This was, I would say, only due to lack of proper education or lack of proper guidance.

The human nervous system, even according to the present incomplete knowledge of the physiologists and the neurologists, is the most highly evolved nervous system—born as a human being, every man has the ability to live that state of Cosmic Consciousness, which is the glorious harmony of the transcendental consciousness of the Absolute Being and the relative states of consciousness. The opportunity is there, open to every man, born as a man, to live this state of integrated life. Whether one avails oneself of this or not is a different thing, but the opportunity is there. The capacity is there in man to live life on the exalted plane of Cosmic Consciousness.



Regarding the beliefs of the theologians I cannot express an opinion. I am not aware of their definition of Cosmic Consciousness, but in as much as this system of meditation is a systematic and scientific process of enabling the mind to fathom the inner spiritual realms of the Being, the Spiritual Regeneration Movement invites the people of all faiths to enjoy the results. According to this meditation we have not to make efforts to rise to Cosmic Consciousness. With our regular meditations, morning and evening, the mind fathoms the Being and comes out into the field of activity. Naturally, the transcendental consciousness gets harmonized with the wakeful state of consciousness in a very natural manner, and this is how Cosmic Consciousness grows day by day, week by week, month by month, and year by year.

I very much appreciate Dr. Per Lonning's review of the pamphlets. Certainly Dr. Lonning appears to be a thoughtful, sincere man, and I would be glad to hear his opinion on the definition of Cosmic Consciousness, which I have mentioned, and the direct way to it through our system of transcendental meditation.

Having said this, Maharishi gave a rose to be sent to Dr. Lonning and said: "Give him my love and appreciation".

The rose and Maharishi's words have been sent to Dr Lonning.

THE NEWS

GREECE, OCT. 26, 1963

Deep Meditation
Its Influence on Mankind, Society and World Peace

This is the third time, the Indian Philosopher, Maharishi Mahesh Yogi is in Athens.

Yesterday at 7.00 p.m. he gave a lecture at the Greek American Cultural Institute on: "Deep Meditation and Spiritual Regeneration." Today he will give another lecture at the Parnassos Hall. The subject will be "Deep Meditation and its influence on mankind, the Society, and World Peace."

The Indian Yogi will be staying in Athens for three or four days.

The Indian Philosopher said: "Within each of us there is a centre of energy and bliss. With such a store of power and happiness there should be no man who should feel unhappy and miserable". It should be noted that the procedure of meditation introduced by the Indian Yogi is the use of a specific word in Sanskrit which he calls mantras. One monosyllable word is allocated to every person. This word influences mentally by its vibrations produced by the sound. The centers of deep meditation of the Spiritual Regeneration Movement are many and spread all over the world. An academy is already being erected at the foot of the Himalayas, which is expected to be ready by October of next year. The headquarters of the Spiritual Regeneration Movement is at Rishikesh at the foot of the Himalayas.



Henry Nyburg with Maharishi in Athens

DAILY EXPRESS LONDON, NOV. 1, 1963

WRITING ON MY HEAD...

By Peter Chambers

A man who wants to stand on his head is something new in English courts. But an Old Bailey trial was interrupted for 15 minutes this week after defendant Norbert Rondel was allowed



time out to relax in the Yoga manner— upside down.

This sounds quaint. In fact, these Eastern disciplines of relaxation are catching on in Britain.

Violinist Yehudi Menuhin receives upside-down instruction from his "guru" (Indian teacher) in Hampstead. A Hindu meditation course is patronised by hundreds of worried executives in London.

I've even written part of this article standing on my head.

Now an organisation called the Spiritual Regeneration Move-

ment is advertising a new Yoga centre in London. "Serenity, joyfulness, energy" is what the posters promise.

These things can be achieved, apparently, under the guidance of Maharishi Mahesh Yogi at a sound-proof "meditation centre" now being built near the Savoy Hotel.

Is it all hocus-pocus ? It seems not. Relaxation is something our neurotic society finds it increasingly difficult to achieve.

Perhaps we are going about it the wrong way. We swallow tranquillisers. We take sleeping pills. Drug bills mount year by year.

So does the money we spend on alcohol—a sedative, not a stimulant—which relaxes us by way of mild anaesthesia.

DIFFERENT

Eastern methods like Yoga use a different approach. There is nothing magical about the system. It simply insists that mind and body are not two separate entities. They are the indivisible parts of a whole being—the walking, thinking, worrying YOU.

Standing on your head is said to relax both mind and body. Other exercises are for the mind only. You learn a "mantra," or word.

In meditation she repeats it, quickly and inwardly, over and over again until she achieves... well, what ?

"Detachment" is the simplest word—an emptying of the mind of those endlessly self-regarding thoughts that sabotage our energies and undermine the peace that is deep within us.

BERLINGSKE TIDENDE

COPENHAGEN, OCTOBER 15, 1963

Start with Yourself

The Indian philosopher Maharishi Mahesh Yogi, who has many followers in the countries of the West, will bring peace to the world through "Deep Meditation".

Will Speak in Copenhagen on Friday

In Copenhagen we have a school for Indian Meditation based on the philosopher Maharishi Mahesh Yogi's special method—he calls it Deep Meditation. Maharishi has visited Copenhagen twice and both times spoken for full houses. The school, which was established, as a consequence of his first visit, has constantly been increasing the number of followers.

The School for Indian Meditation tells us that Maharishi will arrive in Copenhagen on Friday, October 18, and will speak the same evening in the Tivoli Concert Hall. It is hoped that it will be possible for the members of the school to gather with him after the lecture in the Meditation Centre in Dybensgade.

Right now Maharishi is in Iceland, where he has not previously been, starting a centre there. From there he is going to Norway, where he has a great number of followers and where the "Norges Meditasjons For-Bund" this summer alone has initiated 700 new members. On Wednesday he will go to Oslo, on Thursday to Stockholm and then, as mentioned, on Friday he will arrive here. On Saturday he will go abroad His stay will

be the shortest possible—the whole world wants him.

It is like this that while the West has developed the science of the outer world and given us an ever greater and by now a quite fantastic control of the powers of nature, the sages of the East have through the times delved into the world of the soul and developed methods for the control of the powers of the soul. Before Maharishi devoted himself to the study of the spiritual powers he took his degree in physics and mathematics at one of the Indian universities. Then he devoted himself to the study of the Vedas, the old Indian writings which contain ancient wisdom and whose origin dates back thousands of years before Christ.

Maharishi reached this deep penetration into the Vedas through a 13 year stay in the Valley of the Saints, Uttar Kashi in the Himalayas where, guided by his Master he went through the strict disciplines required by the Vedas in order to attain complete control of mind and thought so that contact can be made with the original source of life.

Maharishi found the peace of mind which he sought. By the help of his Master he found a method which aims at attaining peace of mind even without the knowledge of the great Vedic Philosophy. Not a yoga exercise, but only a mental exercise for the purpose of obtaining inner harmony with consequent increased energy, joy and healthiness of the soul.

Appreciating the ever increasing tension, fear and nervousness which seizes people in our fouled-up world of today Maharishi felt obliged to have as many people as possible obtain knowledge of this to calm the mind, and he adapted his method to conform to the rhythm of modern Western Society.

What is it then that this Indian wants to impart to us? And how? Maharishi says that people have not been born for sorrow, suffering and unrest. God's gift with life is joy, blessing, peace and bliss. This can be reached by delving deep into oneself, by delving down into the treasury, the reserve, found within every person. People must get the key for this treasury and be told how peace with oneself and one's surroundings does away with tensions, and leads to contact with a higher awareness, develops one's mental faculties in such a way that thoughts on a higher level follow one all day. One obtains peace with oneself and one's neighbour, and that means that one works for peace. It is the state which Christ calls "The Kingdom of God within you" and Buddha calls "Nirvana".

And, says the Indian philosopher, the tensions in the world

is today so great that it must soon be released—or we must face annihilation. This is, says Maharishi, a way to peace, this is something everybody can do, i.e., start with himself, meditate, obtain peace within himself, in his surroundings, in the world around, and thereby all fear will disappear and there will be peace among people.

Maharishi's method is so simple that, if that is the way, then it is truly ingenious. No special knowledge is required, no religious allegiance, and no religious rules are violated. It can be used by everybody at any time and place. But people must have a teacher trained for that purpose to be taught this Deep Meditation. By far most of the people who really try Maharishi's method maintain that they get an entirely new energy to draw on, and the difficulties of everyday life are more easily overcome, that life gets an entirely new perspective. Maharishi says, that if only a small percentage of the people in the world would meditate according to his method, then the harmonious radiations would spread to such a degree that peace would be ensured.

Our time is full of disrupted and unsettled minds, we see the most noisy and sensational manifestations of our religious and spiritual search. Here is something very quiet without any outer noise, something that works within, without any outer visible effect, only the quiet that radiates from harmonious people.

This thing about starting with oneself, this is no innovation; wise men have said so through all ages. It has been without avail; still most of us hope that our neighbour will start to create the better world we all want. For many people Maharishi's "Deep Meditation" has become the means to start with oneself.

GIRLS FROM ISLANDS BRYGGE, COPENHAGEN, TELL ABOUT

Deep Meditation

There is nothing mystical about Deep Meditation, says 22-year-old laboratory apprentice, on the contrary, it means a closer contact with nature.

When the Indian Yogi, Maharishi Mahesh, visited Denmark for the first time in 1959 he was received with mixed feelings.

Press comments ranged from the extremes of "great enthusiasm" and "scepticism".

Publicity experts say very clearly that a bad press is the best press, and that being mentioned at any rate is better than being smothered up. Therefore, we will not decide on whether the strictest critics were right, but the following can be established as facts.

The Indian teacher of Deep Meditation, Maharishi Mahesh Yogi, who grew up in his native country and was attached to its old tradition when quite young, studied physics, mathematics and philosophy at the University of Allahabad. When he had completed his studies, he spent 13 years in the solitude of the Himalayas as a disciple of the sage, His Divinity Swami Brahmananda Saraswati. When he again came out into the world he brought with him the old method



of meditation adapted to the active people of the world. At Rishikesh, he, in 1960, with great success, established a meditation academy. He called his Movement the Spiritual Regeneration Movement and the name of the centre he set up in Copenhagen is: Skolen for Indisk Meditation.

It was a coincidence.

"I had read about it in the papers, tells 22 year old Hanne Olsen and as I had previously, by coincidence, come across books on Indian philosophy including meditation I thought that I ought to hear Maharishi Mahesh Yogi. That was in October 1963. I read about his method of deep meditation and also later saw the criticism directed against him—but anyway I decided first to hear what he had to say".

And you still do ?

"Yes, whenever possible. After having heard his lecture in which he tells more about the effects and purpose of deep meditation than about what it is, I thought it would be interesting to attend the first course".

Already then Maharishi had set up his first centre ?

"Yes, that was in 1959, and he has set up centres all over the world. He spends his time visiting these centres and tells about deep meditation. At the same time he trains his substitutes to ensure that the teaching is in the right hands."

What did you learn then ?

"Briefly, I learned to meditate. I had an idea about what it was, but funnily enough it was not, as I had thought, a question of intensive concentration, but rather of intensive relaxation."

What is the difference ?

"Intensive concentration requires a heavy consumption of energy, and is considered by Maharishi to be an incomplete step towards something leading to a dead-end. Deep meditation is learned by means of a mantra".

What is a mantra ?

"It is a key word. Not a word with a meaning, rather a letter combination. In order to get into deep meditation one must relax completely. That is done while sitting, where one makes oneself comfortable. In one's mind one repeats one's mantra and after some time one discovers that the meditation becomes deeper and deeper.

Is that state of mind conscious ?

"In a way yes, because it is part of the technique — by means of the mantra — to automatically exclude the rather limited surface conscious world completely, and figuratively one is on the way into one's subconscious mind—and according to Maharishi's teaching that is the way to that self which is an organic part of

the power resource of the Universe".

What does one find there ?

"Spontaneous thoughts cannot be excluded, but they come only in the beginning. One finds nothing, but the mere fact that one approaches one's own inner self means that one brings out the power of the primeval consciousness, and the result is best understood when I say that after half an hour's meditation one feels physical well-being and peace of mind. It cannot be a postulation only that the greatest inner resources of man are spent and wasted even though they represent a force far greater than what we by ordinary self-discipline can obtain".

My Reactions are Different

This is not auto-suggestion ?

"No, because that is a kind of concentration".

Can you feel that you are different ?

"That I cannot, but my reactions to the things happening around me are different, both what directly affects me and things in a greater context".

Mention a simple example.

"The fact that insignificant, irritating things influence people's reactions is something common and to many something conscious, but to most people it is an unconscious process. Previously I was seized with anger and sometimes was overwhelmed with anger when I was to solve a problem and there were suddenly obstacles of which I could exert no influence. Today, I am able to mobilize a force in myself which not only makes the anger conscious but at the same time inspires the force with new ways of solving the problem. But to a far greater extent than this, being able to decide on a particular problem speedily means that there is no drain on the resources we usually use up rather quickly if there is no regeneration, and in everyday life it means that important things are realized and unimportant ones are not allowed to disturb the balance of mind".

Meditate Every Day

How long does it take to learn to meditate ?

"I suppose that differs somewhat. I heard Maharishi in October and attended a preparatory course and was then finally initiated on the 1st of December. It was a teacher of the Skolen for Indisk Meditation, Mr. Sven Steenberg who was in charge of the initiation.

What is that ?

"Initiation ? Well, that is a formal occasion when one gets one's soundword, one's mantra, and one is then capable of going on one's own. At certain intervals one is checked, that is, one goes to the school to have one's meditation checked, —it is free—because they want to see to it that the technique is in order".

What does it cost to attend such a course ?

"That depends on one's ability, because when the centre was founded in 1959 Maharishi decided that the same rules were to apply to the Danish centre as everywhere in the world, and the rule is that one pays the equivalent of one week's net pay, that is, less than what one pays to the community.

"When making comparison with other courses some pay much and others hardly anything. I am a laboratory apprentice and have a very low income, so I paid very little. But it is not an ordinary course".

Do you recommend friends and acquaintances to attend courses ?

"Yes and no—because I do not make propaganda. If somebody asks me, as you do, then I tell them. I sometimes meet with sharp criticism and some denounce deep meditation, which in my opinion is very unwise for anybody to do who knows nothing about deep meditation. How can anyone criticize anything one knows nothing about ? The underlying thought is impeccable because nobody should object to people exploiting their inner self for the purpose of seeking more knowledge and understanding".

What about religion ?

"It has nothing to do with religion even though it is suggestive of the idea of reincarnation. A Protestant, a Catholic or a Moslem need not change his faith on account of deep meditation. The fact that deep meditation gives the individual a far greater understanding of his own faith must be said to be a good thing, and even though Maharishi answers all questions in this respect he does not question anybody's faith, whatever it may be. Deep meditation may strengthen one's faith, never weakens it, provided the believer really believes in it".

Do you meditate everyday ?

"After some practising I started to meditate half an hour in the evening. Anybody can spare that time and those who over-come the prejudice against this "new thing", which in reality is based on the research and studies of wise men thousands of years ago, may, after an upheaval in the status quo of their minds, realize that there is no secret fraternity or anything like that embedded in the Skolen for Indisk Meditation. Try it yourself—if you have time—to sit in a chair for half an hour and relax. Then you get some idea of what deep meditation is, but if you really want to learn it, then it is better to seek the tuition obtainable.

STRESS ON THE ROLE OF MEDITATION



DAILY TRIBUNE

AMBALA, PUNJAB

INDIA, MAY, 1964

BY VIDYUT

Nobody knows precisely when he was born or where. Estimates of his age vary from forty to eighty. He gave up the pleasures of science to pursue instead the vague but blissful life of the spirit. Deep within the Himalayas he maintained an unbroken silence for five years. When he emerged, chubby-faced, enigmatic Maharishi Mahesh Yogi, with the traditional unkempt beard and matted locks of a Sannyasi, he had a message for mankind—a simple formula that would teach men and women "how to stop worrying and start living" through the ancient art of yogic meditation.

In Chandigarh, for three days last week, the Maharishi was understandably very popular. Seated cross-legged upon a deer skin mat, he delivered spiritual discourses to a variety of audiences, to University students, doctors of the Medical Research Institute and devotees of the Sanatan Dharma temple in Sector 22. He also addressed a full house at the Tagore Theatre where highly cultured people of the town are said to gather.

To give a measure of scientific validity to his lecture, Dr. Tulsi Das, Punjab's renowned physician, delivered the concluding remarks, admiting freely the value of meditation for a man's well-being. Of Maharishi's assertion that a man is capable of effecting changes in his environment through the power of thought, the doctor said [illegible]ical research was now going [illegible] to[illegible]ke up that point. In cond[illegible]ucti[illegible] the experiments, he said, i[illegible] v[illegible] proposed to solicit the hel[illegible] authentic yogis who are perhaps the most powerful living conductors of thought-vibrations. These experiments, if successful, will establish once and for all the practical value of spiritual life.

The Maharishi has been around the world four times and has started centres of meditation in such distant places as Iceland, Sweden, the West Indies and Malaysia. His centre in India is at Rishikesh.



Meditation at BRAIES

FROM OUR OWN CORRESPONDENT

LAGO DI BRAIES

JULY 7, 1965

BY SANDRO MALOSSINNI

In the large hotel facing the lake, a small man with long hair and a flowing white beard delights a cosmopolitan and devoted public—how it is possible to defeat 80% of all disease through an appropriate mental gymnatic. The wife of Minister Medici has taken upon herself to translate for Italians the sacred text of Maharishi.

"The Science of Being and the Art of Living"—that is the title of a book written by a small man wrapped in a white 'dhoti.' He is called Maharishi and is an Indian Philosopher. It is a strange book, difficult perhaps to read: the little Indian Philosopher says that in it is hidden the key to beatitude. He discovered it years ago and it is called meditation. It is a method for gaining full mastery of ourselves, in order to anul every tension and anxiety within ourselves.

Maharishi has discovered it and now he travels round the world to tell it to others. In these days, here, in the hotel which is mirrored in the marvellous lake of Braies, surrounded by a forest of greenest green, he is holding a course on meditation for a very large group of persons, who have come from all over the world to hear him. There are Americans, Canadians, Frenchmen, Germans, Scandinavians, Greeks, Turks, Indians and also (many) Italians.

This is a precise account of a day spent in the company of this cosmopolitan group, coming from (according to them) very different social backgrounds, which has come all the way up here to learn how to live. It is an experience, necessarily brief, but undoubtedly unusual and stimulating, and it is perhaps worth the trouble to recount it.

The esplanade in front of



the hotel is full of tourists, most of them foreigners armed with cameras and rather noisy—the usual scene, in fact.

However, for them the hotel is strictly off limits. It is in fact strictly reserved for the participants of this extraordinary course. Inside—the atmosphere becomes rarified—the tourist with the Rollei-camera outside seems to have disappeared, to have vanished into thin air. The hotel is luxurious and maintains the patina of the nineteen-thirties. It is a little like Mariendad and its immense windows open upon the incomparable spectacle of the lake.

It is early afternoon and there is no one about as yet. There is an announcement in one of the rooms that Maharishi's usual lecture will take place at 15.30. In the almost empty bar there are only four ladies, seated at a table. Even here one senses the atmosphere. This is not the usual talk of slightly bored holiday-makers, instead one hears talk of transcendence, of the discovery of the 'I', of the materialization of thought.

Soon afterwards, gathered round a table, there are some of the participants of the course—Count Nikolaus Blucher, (a young German, his face framed by a large beard), the Dutchman, Jaap Harten, the Englishman, Henry Nyburg, the Norwegian, Erling Brekke, Dr. Vernon Katz, (English) and Gualterio Weiss, (German).

A short discussion so that we can take in the situation. We learn that these meditation courses have been taking place here and there in the world for the last four years. They started in India in 1961 and last year took place in Austria. The world centre of this association, which goes from continent to continent to teach meditation is at Rishikesh in India, while in Europe the Academy of Meditation is in London. There are national courses in Germany, in Canada and in the U.S.A. and in other countries.

One of the aims of these centres, which are scattered everywhere, is to introduce meditation in the universities in order to teach young people the marvellous "method" of the little Indian philosopher. This year at Braies the course began on 4th July and will go on until the 18th.

Then there arrive Dr. Mancuso-Brunetti accompanied by Mrs. Medici, two of the most important supporters of Maharishi's theories in Italy. Mrs. Medici, some people tell us, is the wife of the Finance Minister, and it is she who has taken it upon herself to translate Maharishi's book—the translation will probably be finished by the end of the year.

"The method," says Dr. Mancuso, "proposes to give modern man the possibility of a wider consciousness, expanding his intellectual capacity. The first result will be a greater stability in daily life, with emotional tensions disappearing and at the same time an enormous ease in contact with other people." There are two groups working in Italy, the doctor adds, and they are in Milan (led by Prof. Tarizzo) and in Naples.

And so we come to 15.30. hrs. Maharishi is arriving. He comes down; small, wrapped in his white clothes, his black hair coming down to his shoulders, his face framed by a large beard. Some disciples are waiting for him at the entrance of the hall and give him flowers, handing them to him with hands together as if in prayer.

The philosopher enters the hall suspended in silence, approaches a kind of baldachin and sits on top of it with crossed legs. In his hand he holds a rose and from afar he seems immovable. Then he begins to speak—he has a quiet voice, graceful and at the same time magnetic. He speaks slowly in very clear English.

He says extraordinary things, almost incredible and the audience (we included) believes. One has to believe this small man with long black hair—there is something in his looks which subjugates, his quiet voice speaks with accents of truth.



Perhaps on leaving the hotel and re-reading one's notes doubts arise, but while he speaks there are no problems—he is right.

He speaks of beatitude which is something concrete in its abstractness; it is an unbounded sea, deep and silent. He speaks of meditation which is the means to gain beatitude. And here the discourse becomes extraordinary and comes out of the sphere of ideas to become positively scientific. One has to say first of all that "meditation" here is obviously used in a very special way—it is a drawing back upon oneself in order to penetrate the mysteries of the unconscious. It has many links (even though we are told that it is something more) with the practices of yoga.

"To meditate" says the little philosopher, lightly waving his rose," it is necessary to relax, and to avoid any contraction. In this way the flow of the blood is free, thus normalizing the functions of the body. And this is scientific. It is also scientific and it has been proved that during meditation the alkalinity of the blood increases while its acidity diminishes. The blood sugar also diminishes. The meditation—Maharishi smiles but what he says "is true"—will even prevent diabetes.

The heart: according to the Indian philosopher, after 45 minutes of meditation, the affected heart will resume its normal beating. There are, he says, electrocardiograms and experiments done in Duesseldorf, to demonstrate this.

But there is more: the "genes" in the blood change structure; they become modified. As the meditator approaches transcendence, he discovers frontiers never before imagined. "The entire process", Maharishi continues (and the hall is wrapped in complete silence) is mental, but it has its methodological reflections because every thought has its correspondence in the body." With a firm voice Maharishi adds: "Through meditation 80% of all psycho-somatic ailments are cured. If young people would accept my method, the hospitals would become empty".

This statement in the hall of attentive and devoted listeners does not arouse any particular emotion. (All are bent over note-books to take notes) It would mean the complete and absolute triumph of mind over body—it is intoxicating and exalting, but is it not human ?

From the hall the questions begin to be put to the philosopher, who answers them all, often with wit. There is also a gentleman who is profoundly saddened by the fact that meditation can only cure 80% of all illnesses; and the other 20%, he asks anxiously, "Some have to die!" smiles Maharishi.

And so it goes on with the philosopher on his baldachin amidst the flowers, answering, clarifying, laughing.

The sun sets over the lake as the lecture finishes. Many tourists have gone. There is silence in the wood, there is tranquility and peace. The world with its anxieties and preoccupations seems far away; but unfortunately it is still there, only a few yards away, just around the first corner.

"He is a man full of divine grace", says an old gentleman. "He has to fulfill a great mission." And a young girl behind him adds: "A man with extraordinary gifts". Her eyes look expectantly at the runway towards the Lufthansa jet plane from London, which is just rolling out in front of the arrival hall.

The restless murmuring stops when Maharishi Mahesh Yogi leaves the plane with a springy tread; he walks towards the waiting crowd. His naked feet wear simple wooden sandals. His snow-white robe is bright in the sun of noon. His silvery-grey beard glistens between shiny hair which falls down to his shoulders.

HUNDREDS OF PEOPLE WAITED FOR MAHARISHI MAHESH YOGI

BREMER NACHRICHTEN

AUGUST 5, 1965

Leisurely he waves with a bouquet of reddish-white carnations. Enthusiastically his followers wave back. Hundreds of many coloured flowers are waved in greeting.

He has arrived at last.

He is the Founder of the Spiritual Regeneration Movement and the International Meditation Society.

He is their ideal on the way of overcoming inner discordance.

Spiritual Regeneration of mankind—by diving within, that is what Maharishi Mahesh Yogi wants to teach the world. "Everyone can be happy", he says "when one knows the simple technique of meditation". His recipe is quite inviting : "Meditation sharpens the mind and increases clarity of thought, and strengthens will power."

Nearly three hundred of his students, most of them from Germany, have now gathered at Bruchhausen-Vilsen for a Meditation Guides Course, where they will be trained to guide others in deep meditation.

Among themselves they do not know any barriers, either of race or religion. They will all receive the happiness promised by their Master.



Great Congress in Europe so far

Meditation Society wants to settle down at Bruchhausen-Vilsen

Maharishi's hopes far exceeded—Yesterday last talk to the "Kreiszeitung"

KREISZEITUNG FUR DIE BRAFSCHAFT HOYA

AUGUST 14, 1965

With a last lecture by the President of the German section, Gualterio Weiss (Frankfurt), for the participants and a hearty shakehands and saying goodbye, the Congress of the International Meditation Society came to its end. The Congress had taken place in Hotel Dorgeloh with 300 participants from many countries.

Before this lecture, Weiss and his closest co-workers had accompanied Maharishi Mahesh Yogi to Bremen from which he travelled by car to Hamburg to fly to Oslo in the evening. Some evening Maharishi will open a Scandinavian Meditation Congress in a small town in the Norwegian mountains to the north of Oslo. This Congress will last till August 22. Then the Indian sage will go for a short stay in London and then to another Congress in Canada. His place of residence is the Indian town of Rishikesh. Maharishi is said to be a personal friend of the Indian Prime Minister, Shastri.

Yesterday evening before leaving, President Weiss pointed out that Maharishi had said that the Congress at Bruchhausen-Vilsen was the greatest and most successful Congress that ever took place on the Continent. The great hopes with which he had come to the county of Hoya had been far exceeded. This is to a high degree a merit of the German group. Weiss said that Maharishi wants to come again to Germany after some months, when the results of the examinations which were also carried on at Bruchhausen-Vilsen will be presented to the medical experts. Weiss is convinced that these results will greatly amaze the medical specialists.

As President Weiss told the Kreiszeitung, the Meditation Society will probably build their "headquarters" for Northern Germany at Bruchhausen-Vilsen. A conference with the community council has already been held on this matter and the council was very positive with respect to a building project of the society in the market town.

The contacts which the Meditation Society has established with the Verkehrs-und Kneippverein are also very positive for the future.

For the purpose of quick realisation of the plans a committee has been formed to which belong two members of the community council and two members of the Meditation Society. This committee has been charged with the elaboration of the details.

The main purpose of the Congress was to train capable men and women who can spread the teaching and the technique of meditation and who can advise and take care of meditators. During the Congress at





Bruchhausen-Vilsen about 30 people gave their adresses saying that they really want to meditate too. They will be initiated and taken care of by the Bremen Centre.

To express clearly what meditation means Maharishi says: switch over one's thinking and acting by means of existing natural laws to a higher level of

consciousness where it is possible to attain equanimity and well-being in all situations of life and to maintain it in spite of outer adversities.

During the Congress at Bruchhausen Maharishi met 20 students of different universities of the Bundesrepublik who belong to the "Academic Meditation Society", a branch group of the Spiritual Regeneration Movement (SRM). They pointed out that one third of all the students do take a final examination. The causes for this phenomenon are mostly psychological in nature. Many students can no longer cope with the high demands of the curriculum and the conditions of life connected with it. That is why the "Academic Meditation Society" decided to work more intensely to present the meditation to many students as an effective help to them. At some universities this has already been done.

Cooperating with Maharishi Mahesh Yogi, the students intend to present the above-mentioned plan to additional universities, colleges and academies and to introduce the principles and the practice of meditation in a series of lectures. These courses will be built upon a purely secular basis. Like meditation itself, they have no immediate relation to any religion. It was emphasized that by the development of consciousness (increase of receptivity of the mind, extension of intellectual power of comprehension, increase of power of concentration, strengthening of the creativity of the mind and memory), everyone will be enabled to understand better one's own religion. These studies bridge the gulf between the inner and outer values and brighten life in the light of one's inner potentialities. This will be useful for all students irrespective of their faculty. The technique of meditation enables the students to cope with a difficult and complex curriculum with greater ease and greater efficiency.

One of the participants of the Congress was Count Blucher, who had been the President of the German Section for years before Gualterio Weiss. The Count is fully occupied with the translation of books of the Master about the teaching and technique of meditation which have recently appeared in the English language.

The compliment by President Weiss for the population of the place of the Congress can be repaid. Almost unanimously, businessmen and hotelkeepers declared that by the calm friendliness and politeness of their guests and customers they had realized at first sight that these people were meditators. This mutual harmony will be strengthened by the realisation of the plans of the SRM to settle down at Bruchhausen-Vilsen.

AUGUST 14, 1965 **DIE WELT**

The "Master of Wisdom" arrives from the Himalayas

300 SUPPORTERS OF THE "SPIRITUAL REGENERATION MOVEMENT" MEET IN THE CLIMATIC RESORT OF BRUCHHAUSEN

Draped in a flowing white silk robe, his black hair low on his shoulders, the bearded man leaves the hotel "Dorgeloh" at Bruchhausen-Vilsen. His supporters, men and women of all ages, accompany their "master of wisdom" respectfully to his waiting car.

For a week Maharishi Mahesh Yogi has been the central figure at a Congress held in this Lower Saxon resort attended by almost 300 supporters of the "Spiritual Regeneration Movement". In addition to the 260 participants from Germany there are visitors from England, Holland, Sweden, Luxembourg and Turkey. What has brought them together is a boundless faith in Maharishi, and in his teachings concerning the power of "transcendental meditation in depth".

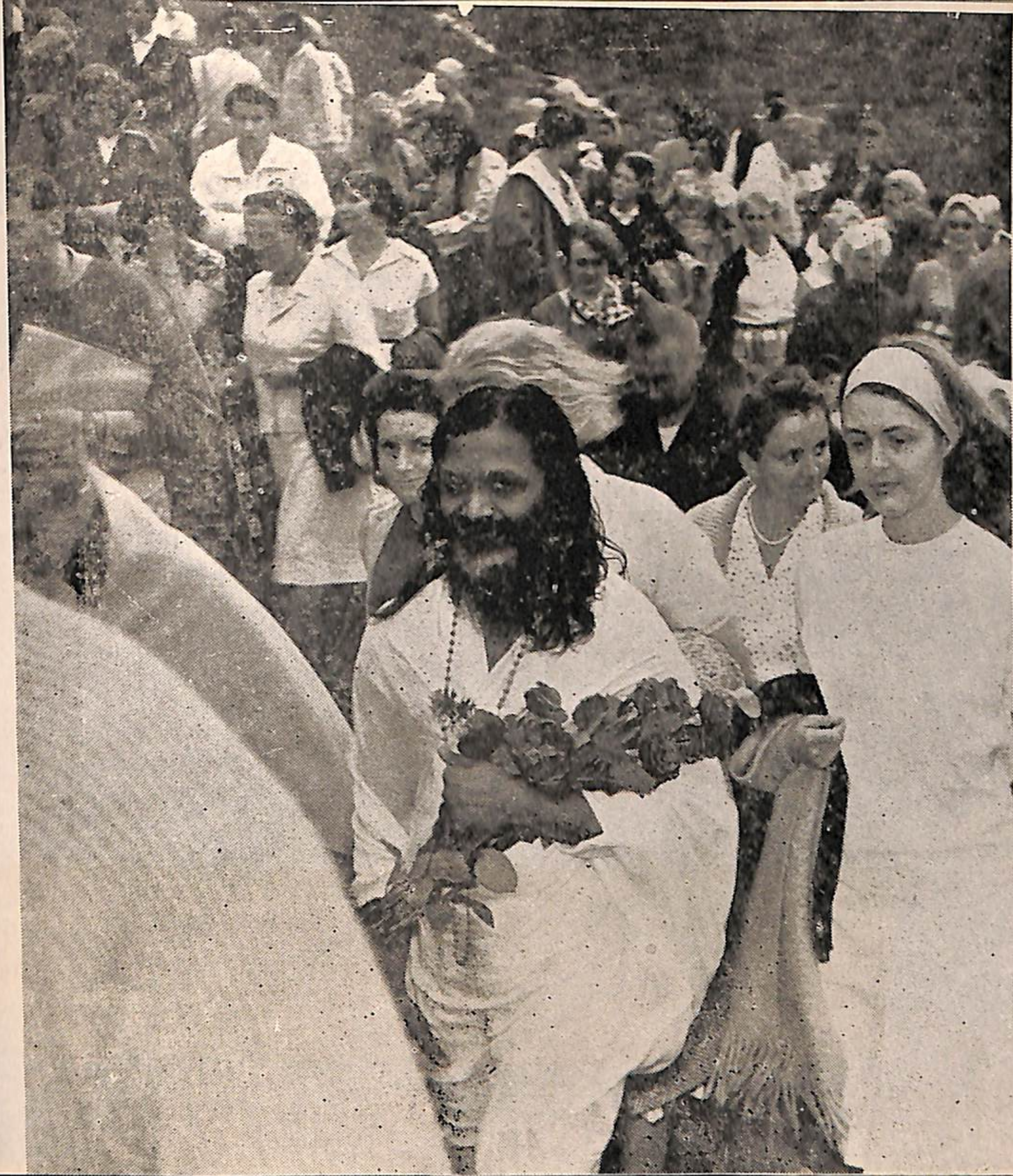
Gualterio Weiss, 42, export merchant in Frankfurt and leader of the Movement in Germany, explained this concept: "You sit down, relax, and close your eyes. Then allow a single thought to become subtler in your mind. Once this mental impulse has been given from the creative

cells of your inner mind, the machinery of your nervous system is set automatically in motion and transports your perceptive consciousness to increasingly finer levels of thought, until finally the finest level of all is transcended, and a state of pure consciousness is attained. The process requires no effort. It has nothing to do with concentration."

The question of what thought the meditator should allow, in practice, to become finer is decided either by Maharishi personally, or by one of his specially trained "initiators". According to information given by the leaders of the Congress, the successful mastery of this technique of meditation is of incalculable value: the receptivity of the mind is sharpened, intellectual capacity increased. The person gains in energy, inner quietness and harmony, enjoys better health and is more successful in his profession.

Maharishi Mahesh Yogi introduced his technique of meditation to Europe and Germany five years ago. The "master of wisdom" (Maharishi) who entered a monastery in the Himalayas after concluding his studies of mathematics, physics and philosophy at the Hindu University of Allahabad, developed his method from ancient Hindu scriptures. His aim is to liberate, not simply one, but every man from tensions of the mind, and thus to bring peace among all men.

Every participant in the Conference will confirm, with shining eyes, that considerable progress along this path has already been made. They all feel themselves to be, since they began to meditate, more content,



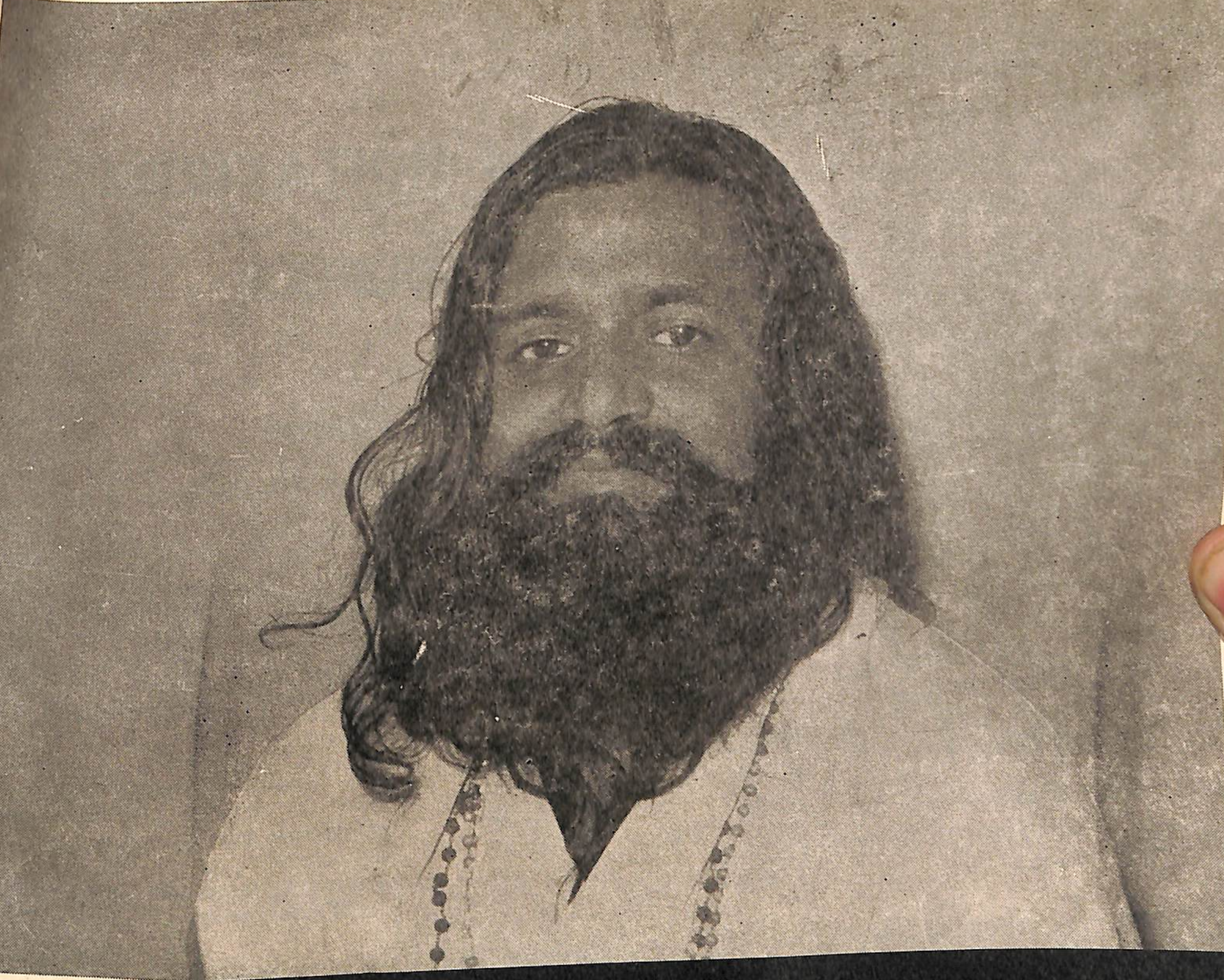
more balanced, and healthier. The daily congress' reports give expression to this feeling: It is easy to see in their eyes and faces that all these people who at present dominate Bruchhausen-Vilsen draw joy and peace from sources hitherto inaccessible to us. They are to be encountered at all hours of the day along the pathways of field and forest. With happy faces they greet the wanderer and the peasant in his meadow.

Their happy faces were not dismayed even when youngsters threw a handfull of stink-bombs in the entrance of the Congress-Hotel, and tried to disturb the calm of the meditators with their snarling motorbikes. Maharishi and his supporters busied themselves all the more intensively with the practical problems concerning the future of meditation. One of their principal anxieties concern students.

"We are convinced that we are in a position to bring about a contribution to the so-called 'educational emergency programme, which is nothing short of dramatic", explained Germany's Chairman Weiss. Meditation will enable the student to accomplish his task more easily and more effectively. In the opinion of Gualterio Weiss, all students should be made familiar, through weekly lectures, with the "instruments of meditation".

Medicine, too, should in his view be confronted with the phenomenon of meditation. "The physical changes which occur during meditation have almost knocked our people" 'for six', declares Weiss. It is, however, not possible to say for sure, according to his pronouncements, when the findings of scientific tests can be published.

According to information provided by the leaders of the Congress, 35 meditation centres, with a total of 5000 supporters, have been established in the Federal Republic to date. In Munich alone 1200 meditators were "initiated" during the past three years. The next aim is the foundation of a Meditation Academy. We have already had talks with the Municipal Authorities in Bruchhausen about a suitable site", says Weiss.



MEDITATION MUST BE EXPERIENCED

SCIENTIFIC RESULTS WILL BE PUBLISHED BY THE END OF THIS YEAR

By Klaus – W. Vogt

Bruchhausen-Vilsen. For more than a week the word "meditation" has been in the mouths of many people, not only in the market town, but also in large parts of the Landkreis Grafschaft Hoya due to the congress of the International Meditation Society held at Bruchhausen-Vilsen. On all sides the question is put especially to the press who has to

KREISZEITUNG

fur die Grafshft Hoya

AUGUST 10, 1965

report about it, "What is meditation, really?"

In spite of yesterday's press conference of the society this question cannot yet be answered in all its details. Though the journalists eagerly urged the leader of this movement in Germany, Weiss only said: "One cannot speak about it, one has to experience it."

President Weiss who emphasizes again and again that meditation has nothing to do with trance or with hypnosis, auto-suggestion, concentration said that meditation helps the individual to master the increasing detrimental influences of his surroundings, helps to be calm, balanced and happy. Efficiency increases, fears and tensions disappear, mind becomes clearer and power of thought increases.

The representative of the Kreiszeitung kept sitting for a long time after the official press conference with Weiss, insisting on finding out more details, especially as one of the participants of the meditation congress had mentioned that he had spent many years in Russian prisons, that he had come back to Germany a seriously sick man, but that he felt good and healthy since he had started meditating. So Weiss said at last: "You can place a bathtub filled with hot water in a corner, you can touch it, you can photograph it from above, from below, from all sides, you can do with it whatever you want, but all this will not make you clean. But you have to get into the tub and have a wash. It is the same with meditation."

Scientists know that 70 to 80 percent of all diseases are of psychosomatic nature. The causes of these diseases could be

eliminated by meditation. Weiss said that this year in March scientific experiments on meditators were started at Dusseldorf. Now these experiments are being continued at Bruchhausen-Vilsen and will be continued at Dusseldorf. By the end of this year the results will be published for the medical specialists, especially for physiologists.

The measurings carried on at Bruchhausen-Vilsen at the present time are examinations of blood, saliva, electric skin resistance, breathing and electric currents of the body of smallest voltage.

The examinations are made before, during and after meditation. Already now one can say that amazing changes have been stated.

So far the founder and leader of the International Meditation Society, Maharishi Mahesh Yogi, in his teaching for his assistants declared that meditation is a scientific process, scientific because the process of meditation functions systematically and because its effects can be examined, checked and verified by scientific methods.

In the past it was only possible to hear from the words of the meditators about the extraordinary effect of meditation in all fields of life. But in the future it will be possible to present the results of exact scientific examinations to the public and to all those who are interested in them. It is worth mentioning that in order to support the investigations made so far, commissions of research work have been given to scientific institutions.

One thing was emphasized very strongly by President Weiss: "At first people came to us with interest at Bruchhausen-Vilsen. Now they show appreciation and understanding."


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